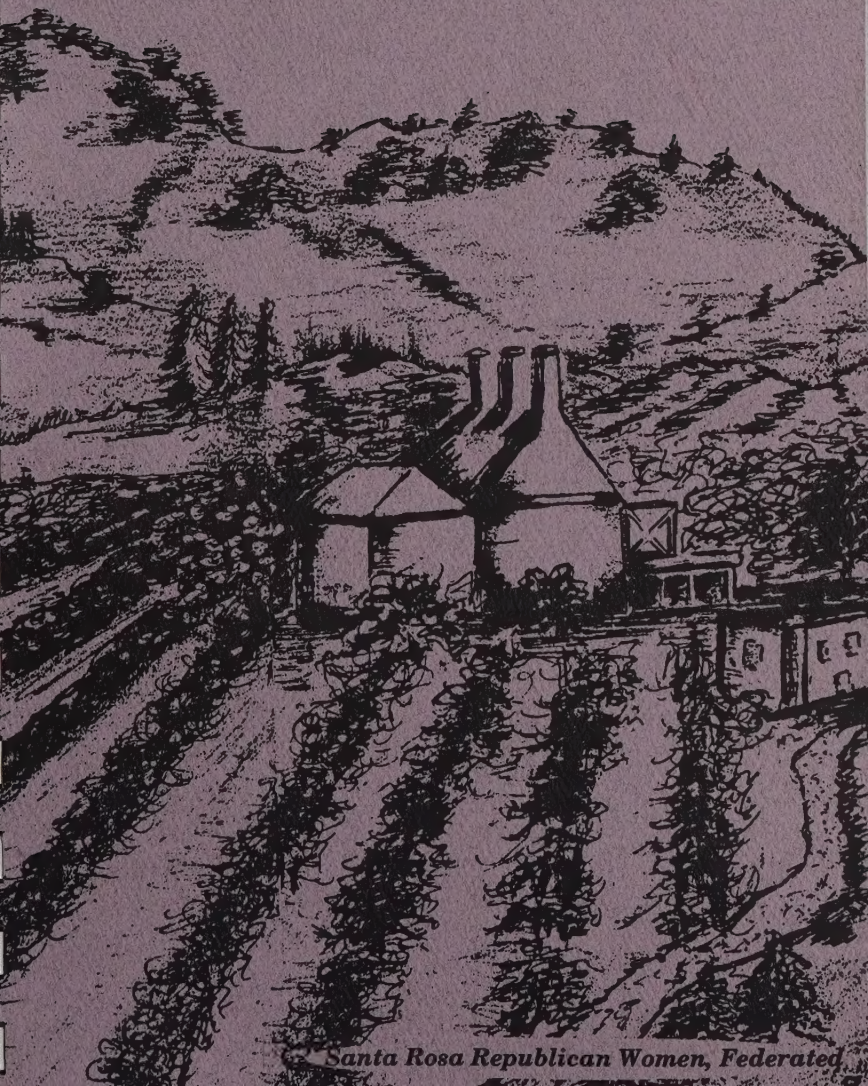


Soup's On—

Salad's Comin'

*Seasoned with a taste of
Sonoma County History*



Santa Rosa Republican Women, Federated

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Salad's Comin'

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Sonoma County History*



Santa Rosa Republican Women, Federated

Acknowledgments

The idea for this cookbook was born at a potluck salad luncheon immediately following a Santa Rosa Republican Women, Federated Board of Director's meeting in June, 1989. Every dish was uniquely delicious. In pursuing the subject, it was speculated there were probably many wonderful cooks within our organization of multi-talented women. So why not capture that talent and do something with it. Hence, the idea was launched.

In response to requests for recipes, it was quickly discovered there was, indeed, a wealth of outstanding cooks among the membership of Federation women. And other noted Republicans were, also, quick to reply with delectable recipes. In fact, everyone far surpassed expectations for submitting extra special contributions. Thank you to each person who so generously shared his/her favorite recipes.

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Betty Jo Barrett	correspondence
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Dorothy McHenry	selection committee, editing recipes
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Mary Ann Pierce	selection committee, miscellaneous
Janet Pisenti	writing, editing, proofreading
Joan Smith	selection committee, editing recipes, miscellaneous

Preparing this book was a team effort. Many thanks to everyone involved. It is with great pride that this book is presented for all to enjoy.

Sandy Bertolone, President
Santa Rosa Republican Women, Federated
Cookbook Coordinator (1990)

► ***Production***

Santa Rosa Republican Women, Federated
c/o 1206 4th Street
Santa Rosa, CA 95404

► ***Illustrations***

Dolores D. Moore, Santa Rosa Republican Women, Federated

► ***Computer Layout and Design***

Graphics Plus
P.O. Box 4526
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(707)542-0779

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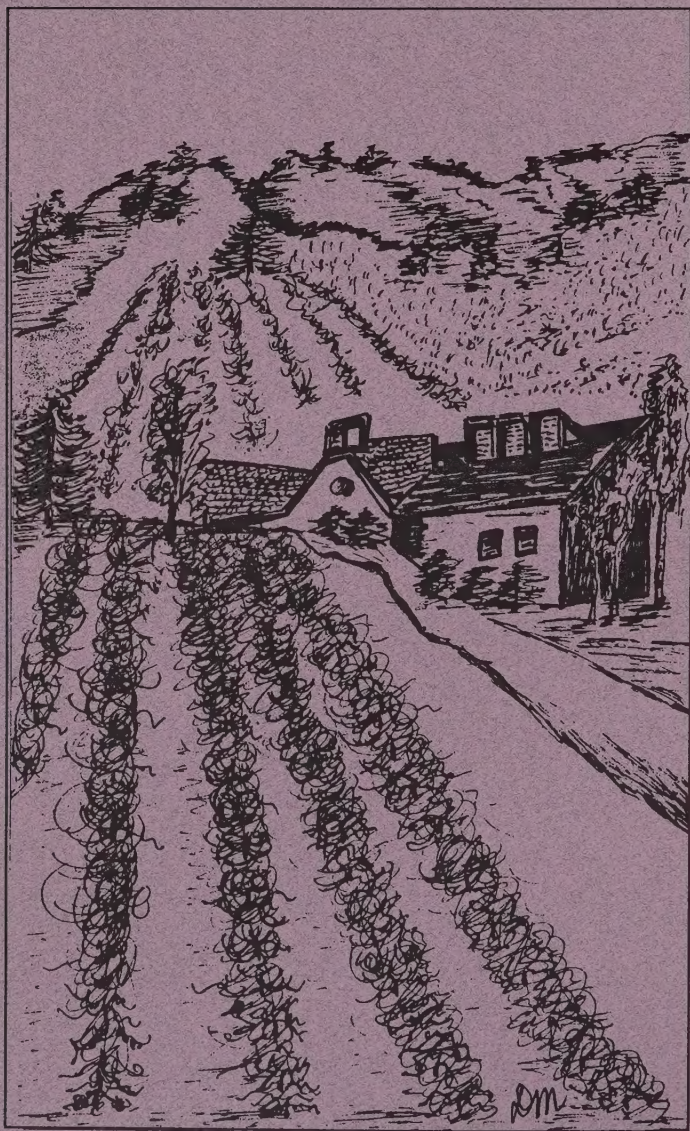
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Soups







Naturally Nectarine Fruit Soup

A delicious chilled soup which can be used as a first course for lunch or dinner.

Serves: 4

- | | |
|---------------------------------|------------------------------|
| 2 cups sliced nectarines | ½ cup California Rosè |
| ½ cup sour cream | wine |

1. Puree all ingredients in blender.
2. Chill.

Dorothy McHenry

Mellow Melon Soup

A delightfully refreshing way to start a meal

Serves: 6-8

- | | |
|-------------------------------|--------------------------------|
| 3 cups each diced ripe | 4 tablespoons honey |
| cantaloupe and | 2 cups dry champagne or |
| honeydew melon | white wine |
| 2 cups orange juice | whipped cream |
| ⅓ cup lime juice | fresh mint leaves |

1. Reserve half of diced fruit. Puree remaining half of fruit with juices and honey in blender.
2. Pour mixture in large bowl. Stir in champagne and reserved fruit. Cover and refrigerate.
3. Serve in chilled bowls garnished with whipped cream and mint leaves.

Joan Smith



Creamy Peach Soup

Easy, unusual and oh so good.

Serves: 4

- | | |
|---|---|
| 3 cups peeled sliced fresh peaches | 1 (8 oz.) carton vanilla lowfat yogurt |
| ¼ cup apricot nectar | nutmeg (optional) |
| ⅛ teaspoon nutmeg | mint leaves (optional) |
1. Process peaches, nectar, nutmeg and yogurt in blender until smooth. Cover and chill.
 2. Sprinkle with nutmeg, and garnish with mint if desired.

Joan Smith

Positively Fruit Soup

Strawberries, berries, bananas, pitted cherries or other fruits are delicious in this soup. Use for a first course, a light lunch or dessert.

Serves: 4

- | | |
|--|--|
| 2 cups sliced fruit of choice | ½ cup champagne or white wine or fruit flavored liqueur |
| 1 (8 oz.) carton vanilla lowfat yogurt | slivered almonds (optional) |
| 2 tablespoons sugar (or to taste depending on sweetness of fruit) | |
1. Puree fruit in food processor. Add rest of ingredients and mix well.
 2. Serve cold. May garnish with slivered almonds.



Avocado Soup

Easy to prepare and absolutely delicious.

Serves: 4

- | | |
|----------------------------------|--------------------------------|
| ½ cup sliced onion | ¼ teaspoon paprika |
| 2 tablespoons butter | 2 teaspoons salt |
| 3 cups chicken broth | 2 ripe avocados |
| ⅛ teaspoon black pepper | 2 teaspoons lemon juice |
| ⅛ teaspoon cayenne pepper | |

1. Saute onion in butter until pale gold. Add broth and seasonings.
2. Peel and seed avocados. Reserve 4 slices for garnish. Cut remaining avocados into chunks. Place avocados in blender with lemon juice and broth. Blend until smooth.
3. Serve immediately, or chill and serve cold.

Emma Vanderschoot

Consommé Burgundy

Good with light lunch. Serve hot in winter or ice cold in summer.

Serves: 8

- | | |
|---|-----------------------------|
| 1 cup fresh squeezed lemon juice | 3 cups V-8 juice |
| 2 cups California red wine | 4 cups beef consommé |

1. Combine all ingredients.
2. To serve hot, heat to boil. To serve cold, refrigerate 5 hours.

Dorothy McHenry



Gazpacho With Avocado

You can meet the challenge of warm weather menus by serving this delectable cold soup.

Serves: 6

- | | |
|---------------------------------|----------------------------|
| $\frac{1}{2}$ peeled cucumber | 2 tablespoons wine |
| $\frac{1}{2}$ mild onion | vinegar |
| 1 peeled and diced ripe avocado | 4 cups canned tomato juice |
| $\frac{1}{2}$ teaspoon oregano | 2 limes, cut in wedges |
| 3 tablespoons olive oil | lime juice to taste |

1. Cut off a few slices of cucumber and onion; save for garnish.
2. Dice rest of cucumber and onion into small pieces.
3. Combine all ingredients. Add garnishes.
4. Chill.

Sandy Bertolone



The Sonoma Mission, the last of 21 missions established by the Franciscan Padres between San Diego and Sonoma, was built in 1823.



Golden Harvest Lentil Soup

Deliciously perfect for a cold winter night.

Serves: 6

2 cups washed dry lentils	ham bone
2 ½ quarts water	¼ cup butter
2 teaspoons salt	2 chopped carrots
½ teaspoon pepper	1 chopped large onion
1 bay leaf	¾ cup chopped celery
2 whole cloves	1 minced garlic clove
dash of cayenne	6 frankfurters

1. Place lentils in large kettle with water, salt, pepper, bay leaf, cloves and cayenne pepper. Add ham bone; bring to boil; reduce heat to simmer.
2. Saute vegetables and garlic in butter for 10 minutes; add to lentils.
3. Add frankfurters and simmer gently about 2 hours.
4. Remove frankfurters and ham bone; set aside. Discard bay leaf and cloves.
5. Cut meat from ham bone in small pieces; slice frankfurters. Add to soup. Reheat soup; correct seasonings.

Lynn Cornelssen

Petaluma was the first town established in Sonoma County. It was considered important because of its water transportation accessibility.



Black Bean Soup

Served with a salad and French bread, this dish makes a hearty lunch or supper.

Serves: 10

- | | |
|--|-------------------------------------|
| 2 cups (1 lb.) dried black beans | 2 teaspoons sugar |
| 8 cups water | 2 teaspoons salt |
| 1 ham bone (optional) | ½ teaspoon pepper |
| 2 chopped large celery stalks with leaves | few drops Tabasco (to taste) |
| 1 chopped medium onion | dry sherry to taste |
| 2 bay leaves | hard-boiled egg slices |
| ½ teaspoon dry mustard | lemon wedges |

1. In large kettle combine beans and water; bring to boil. Cook over high heat 10 minutes. Remove, cover. Let stand 1 hour.
2. Add bone, celery, onion, and bay leaves. Bring to boil, reduce heat and simmer, covered, 3 ½ hours or until vegetables and meat are very tender. Add water as needed to maintain 6 cups of liquid.
3. Remove ham bone and bay leaves. Cut meat from bone; return meat to soup. Add seasonings, Tabasco and sherry.
4. Process soup in blender (about 2 cups at a time) until smooth.
5. Transfer to large sauce pan. Bring to serving temperature, stirring. Serve garnished with hard-boiled egg slices and lemon wedges.
6. Variation: Omit ham bone. To complete soup add ½ pound cooked small shrimp, coarsely chopped.

Marion Schuessler

The first land grant in the Santa Rosa Valley was to Rafael Gomez in 1831.



Easy Bean Soup

An excellent recipe for leftover chili or ham-cooked beans.

Serves: 4

- | | |
|--|-------------------------|
| 1 cup cooked beans | 1 soup can water |
| 1 (10 ½ oz.) can vegetable soup | grated cheese |

1. Combine beans, soup and water. Thin with more water if desired. Heat.
2. Serve garnished with cheese.

Ann Rich

United States Senate Restaurant Bean Soup

This is a very famous and popular soup in Washington DC.

Serves: 8

- | | |
|--------------------------------------|------------------------|
| 2 pounds small navy pea beans | 1 chopped onion |
| 4 quarts hot water | butter |
| 1 ½ pounds smoked ham hocks | salt and pepper |

1. Wash beans and run through hot water until beans are white again. Put on stove with hot water.
2. Add ham hocks and boil slowly in a covered pot, approximately 3 hours.
3. Braise chopped onion in a little butter until light brown. Add to soup. Season to taste. Serve. For a less thick soup, cook 2½ hours.

Dolores D. Moore



Hearty Bean Soup

A delicious cold weather meal. And so good for you.

Serves: 12

- | | |
|--|---|
| 1 cup dried pinto beans | 2 minced garlic cloves |
| ½ cup dried red beans | 2 bay leaves |
| ½ cup dried garbanzo beans | ¼ teaspoon ground red pepper |
| 6 cups water | ½ pound sliced, cooked, drained smoked sausage |
| 1 ½ pounds ham hocks | 1 pound chicken thighs |
| 2 (16 oz.) cans cut up tomatoes | 3 tablespoons chopped parsley |
| 1 ½ cups chopped celery | |
| 1 cup chopped onion | |

1. Rinse beans. In Dutch oven combine beans and enough water to cover. Bring to boil. Reduce heat and simmer 10 minutes. Remove from heat. Cover; let stand 1 hour. Or soak beans in water overnight.
2. Drain beans. Add 6 cups fresh water and ham hocks. Bring to boil; reduce heat, cover and simmer 1 hour.
3. Remove ham hocks; cool. Cut off meat and dice. Return meat to bean mixture.
4. Add undrained tomatoes, celery, onion, garlic, bay leaves and red pepper. Add sliced sausage and chicken thighs. Heat and simmer, covered, 1 hour or until beans are tender.
5. Remove chicken; cool. Remove meat from bones and dice. Return to soup.
6. Remove bay leaves. Add parsley.

Raima Ballinger

Two of Santa Rosa's 26 lawyers in 1900 were female.



Mushroom Lentil Soup

A delicious way to cook. A wonderful way to eat.

Serves: 6

- | | |
|-------------------------------|------------------------------------|
| 1 cup dried lentils | 2 teaspoons salt |
| 4 cups water | 2 bay leaves |
| 2 cups dry white wine | 5 strips bacon |
| 1/3 cup dark molasses | 2 tablespoons butter |
| 1 chopped medium onion | 4 cups fresh mushrooms |
| 1 chopped celery stalk | 1/3 cup chopped green onion |
| 2 minced garlic cloves | |

1. In a 3 quart saucepan, combine lentils, water, wine, molasses, onion, celery, garlic, salt and bay leaves. Simmer, covered, about 1 1/2 hours.
2. Fry bacon until crisp; drain on paper towel and crumble. Reserve 2 tablespoons bacon drippings in skillet. Add butter.
3. Lightly rinse mushrooms; pat dry. Cut into quarters. Saute mushrooms in bacon-butter combination until just tender. Add to soup just before serving.
4. Garnish each serving with bacon bits and green onion.

Betty Jo Barrett

Hops were introduced in the county in 1858 by Amasa Bushnell who first brought the plants to Green Valley. They quickly became a leading field crop in the county, earning Santa Rosa the reputation as the hop capital of the nation.



Quick Picante Black Bean Soup

So easy! So good! So enjoyable to eat!

Serves: 6-8

- | | |
|--|--|
| 4 slices diced bacon | 1¼ cups water |
| 1 chopped large onion | ¾ cup Pace Picante Sauce |
| 1 minced garlic clove | 1 teaspoon salt |
| 2 (15 oz.) cans undrained black beans | ½ teaspoon crushed oregano leaves |
| 1 (14 oz.) can beef broth | sour cream |

1. Cook bacon in 3 quart saucepan until crisp. Drain on paper towel.
2. Add onion and garlic to drippings; cook and stir 3 minutes.
3. Add beans, broth, water, picante sauce, salt and oregano. Cover and simmer 20 minutes.
4. Ladle into soup bowls. Serve garnished with sour cream and reserved bacon. Pass additional picante sauce.

Betty Jo Barrett

John Richards, a black man from Kentucky, was the pioneer barber of Santa Rosa opening his shop in 1856. He eventually owned 3 barbershops: one in Ukiah, one in Lakeport and one in Santa Rosa.



Meatless Minestrone

A filling soup with only 135 calories per cup.

Serves: 8

- | | |
|------------------------------------|---------------------------------------|
| 2 tablespoons olive oil | 1 small can diced tomatoes |
| 2 tablespoons corn oil | ½ pound cut green beans |
| 1 chopped onion | 8 cups water |
| 2 chopped garlic cloves | 1 cup cooked small white beans |
| 2 chopped celery stalks | ½ cup cooked rice or pasta |
| 2 chopped carrots | 1 tablespoon basil |
| 2 peeled and cubed potatoes | 1 garlic clove |
| 1 diced small zucchini | grated parmesan cheese |

1. Saute onion, garlic, celery and carrots in olive and corn oils.
2. Add potatoes, zucchini, tomatoes, green beans and water. Bring to boil; simmer 30 minutes
3. Add beans and pasta.
4. In blender, blend basil and garlic with 1 cup of the soup liquid. Add to pot.
5. Serve garnished with parmesan cheese.

Shirley Seaton

*The town of Sonoma was established in
1835 by General Mariano Vallejo.*



Onion Soup Gratinée

A dish to tickle the palate that is equal to the best restaurants.

Serves: 6

- | | |
|---|---|
| 6 (½ inch) slices French bread | 1 teaspoon salt |
| softened butter | 1 teaspoon Dijon mustard |
| 6 tablespoons grated parmesan cheese | pepper to taste |
| 5 cups thinly sliced onions | 6 cups warm brown stock (or canned beef broth) |
| 5 tablespoons butter | 1 cup dry sherry |
| 1 tablespoon oil | ⅓ cup grated parmesan cheese |
| 1 teaspoon flour | ⅓ cup grated Gruyère cheese |

1. Spread bread with softened butter; sprinkle each slice with 1 tablespoon parmesan cheese. Toast in 325° oven until lightly browned. Cool.
2. In deep skillet, saute onions in butter and oil for 30–40 minutes or until well browned.
3. Stir in flour, salt, mustard and pepper. Cook 2 minutes.
4. Add heated liquid and sherry; cook over low heat, stirring, until mixture comes to boil. Simmer 30 minutes.
5. Place slice of toasted bread in bottom of 6 flameproof bowls and ladle soup over.
6. Sprinkle with parmesan and Gruyère cheeses. Put under preheated broiler 3 minutes until cheese is brown and bubbly.

Indians of Sonoma County included Southern Pomo, Cainamero, Sotoyomi, Wappo and Coast Miwok tribes.



Curried Broccoli Soup

Good hot or cold. Delicious and different. Try it.

Serves: 6

- | | |
|---------------------------------|------------------------------------|
| 4 tablespoons butter | 1 tablespoon curry |
| 1 chopped large onion | powder (or to taste) |
| 1 peeled and chopped | 4 cups broccoli, cut into 2 |
| large Granny Smith | inch pieces |
| apple | 5 cups chicken stock |
| 1 teaspoon ground ginger | salt and pepper |
| (3 teaspoons fresh | ½ pint sour cream |
| grated) | |
1. Melt butter in heavy pot. Add onion and apple. Saute until soft. Add ginger and curry. Cook 5 minutes, stirring occasionally.
 2. Add broccoli and chicken stock. Bring to boil and simmer until broccoli is very tender. Drain broth and save.
 3. Puree vegetables in food processor or blender. Add to broth. Add salt and pepper. If too thick, add more chicken stock.
 4. Serve garnished with sour cream.

Valerie Talbot



Mill Creek Vineyards and Winery, Healdsburg



Split Pea Soup

Quick, delicious and no meat. A vegetarian treat.

Serves: 8

- | | |
|---------------------------------|-----------------------------------|
| 2 cups washed split peas | 1/8 teaspoon pepper |
| 2 tablespoons butter | 2 tablespoons sea salt (or |
| 1 diced medium onion | regular salt to taste) |
| 2 quarts hot water | dash paprika |
| 1 grated carrot | soy sauce to taste |
| 1 diced celery stalk | garlic powder to taste |
| 1 sprig parsley | bacon bits |

1. Heat butter in kettle. Add onion and saute until lightly browned.
2. Add water, peas, carrot and celery. Add seasonings. Cover and simmer 1½ hours or until peas are mushy. Stir occasionally.
3. Serve garnished with bacon bits.

Joan Cleary

Weightless Soup

A nutritious and low calorie meal in minutes. Improve!

Serves: 6

- | | |
|------------------------------------|---------------------------------|
| 1 (46 oz.) can tomato juice | 1 sliced carrot |
| 1 tablespoon chopped | 1 bunch chopped radishes |
| dried onion | chopped vegetables on |
| 1 chopped large celery | hand |
| stalk | seasonings of choice |

1. Mix all ingredients in sauce pan.
2. Heat and serve.

Jan Simmons



South Sea Carrot Soup

An interesting combination of ingredients which make an appealing taste treat.

Serves: 4

- | | |
|--|---|
| 3 (14 oz.) cans chicken broth | 4 tablespoons heavy cream |
| $\frac{3}{4}$ cup water | $1\frac{1}{2}$ tablespoons creamy peanut butter |
| 1 tablespoon dried minced onion | 2 teaspoons Worcestershire sauce |
| $\frac{1}{4}$ teaspoon ground nutmeg | generous dash of Tabasco |
| 6 peeled and thinly sliced carrots | sour cream |
| $\frac{1}{2}$ cup uncooked rice | nutmeg |

1. Combine first six ingredients in kettle. Cover; bring to boil and gently boil until carrots are tender.
2. Put in blender; whirl until smooth. Add rest of ingredients except sour cream and nutmeg; whirl again.
3. Reheat if necessary. Serve with a spoonful of sour cream and a sprinkling of nutmeg.

Nancy Paine

Montgomery Drive in Santa Rosa was formerly the Southern Pacific railroad route.



Cauliflower Soup

The caraway gives this soup a special flavor which is enhanced if made the day before.

Serves: 4

- | | |
|--|---|
| 1 pound thinly sliced cauliflower (reserving 1 cup flowerets) | 3 cups canned chicken broth (or to preference) |
| 2 sliced onions | 2 teaspoons lemon juice |
| 5 tablespoons butter | salt and pepper to taste |
| 2 teaspoons ground caraway seeds | 2 peeled, seeded and chopped plum tomatoes |

1. Blanch the reserved 1 cup cauliflower flowerets for 3 minutes. Drain.
2. Cook onions in 4 tablespoons butter over low heat, stirring, until softened. Add caraway seeds, broth and uncooked cauliflower. Cook, covered, over low heat, stirring occasionally, until the cauliflower is tender.
3. Puree the mixture in batches. Return puree to large saucepan. Add lemon juice, salt and pepper. May cover and chill overnight.
4. In small skillet cook the tomato in remaining 1 tablespoon butter over low heat, stirring for 5 minutes. Add salt and pepper to taste.
5. Heat the soup over low heat, stirring. Thin it with additional broth if desired. Serve soup garnished with the tomato and the cauliflower flowerets.

During the early years, residents of Sonoma County carried a lot of political clout in northern California because a large portion of Congress was represented by these residents.



Vegetable Soup Esquisito

Begin this impressive soup the day before you plan to serve it. It is worth waiting for!

Serves: 6

- | | |
|--|---|
| 2 tablespoons butter | 5 cups chicken stock or broth |
| 3 tablespoons vegetable oil | ⅓ cup dry white wine |
| 1 (3½ pound) cut up chicken | ⅓ teaspoon cloves |
| 2 peeled and cut up Granny Smith apples | ⅓ teaspoon mace |
| 3 teaspoons curry powder | ⅓ cup long-grain white rice |
| 2 cut up green onions (white part only) | 2 tablespoons tomato paste |
| 2 cut up carrots | 1 seeded and coarsely chopped tomato |
| 3 cut up celery stalks, strings removed | ¼ cup chopped fresh cilantro |

1. Lightly brown chicken in butter and oil.
2. In food processor, finely mince apples. Add to chicken. Add curry and cook, stirring 3 minutes. Finely mince onions, carrots and celery. Add to chicken mixture. Add 4 cups stock, wine, cloves and mace. Reduce heat, cover and simmer until vegetables are soft and chicken is cooked, about 20 minutes.
3. Transfer chicken to plate; cover and refrigerate overnight. Strain liquid, reserving vegetables. Cover and refrigerate each overnight.
4. Skim fat from liquid. Place in clean saucepan. Add rice and simmer, covered, until rice is tender. Skin chicken. Cut meat into cubes and add to soup.
5. Puree vegetables with tomato paste. Add remaining 1 cup stock and process. Add to soup; bring to boil. Mix in tomato and cilantro. Serve immediately.

Sebastopol was established by Joaquin Carrillo in 1844.



Eggplant Soup Au Gratin

An interesting and flavorful dish everyone will enjoy.

Serves: 8

- | | |
|---|---|
| 3 tablespoons olive oil | 1 (8 oz.) can chopped tomatoes |
| 1 chopped onion | |
| 2 minced garlic cloves | ½ cup sherry |
| 2 large peeled and cubed eggplants | salt and pepper to taste |
| 2 teaspoons oregano | 1½ cups grated jack, mozzarella, cheddar or parmesan cheese. |
| 1 teaspoon thyme | |
| 4 cups chicken stock (or canned broth) | |

1. Heat oil in large pot. Add onion and garlic; saute until onion is transparent. Add eggplants, oregano and thyme; saute 5 minutes.
2. Blend in stock and tomatoes. Cover and simmer 20 minutes.
3. Add sherry, simmer 5 minutes. Add salt and pepper.
4. Preheat broiler. Pour soup into oven-proof bowls. Top soup with cheese. Broil until cheese is melted and lightly browned, about 2 minutes. Serve immediately.

Settlers came to the Santa Rosa Valley area by way of the Santa Fe Trail or the Oregon Trail. Among the first settlers of Sonoma County was a large segment from Missouri including the Crane family, who came to the Cotati Valley area in 1849.



Sumptuous Zucchini Soup

This tasty soup stores well in the refrigerator.

Serves: 4

- | | |
|--------------------------------------|--|
| 1½ cups sliced zucchini | 1 teaspoon lemon pepper |
| 2 (14 oz.) cans chicken broth | ½ cup yogurt (or sour cream, milk or cream) |
| 1 chopped medium onion | 2 tablespoons sherry (optional) |
| 1 tablespoon butter | |
| 2 tablespoons curry powder | |

1. Cook zucchini until tender in chicken broth.
2. Saute onion in butter.
3. Add onion, curry and lemon pepper to zucchini.
4. Place in blender and blend. Add yogurt and sherry, and blend well.
5. Reheat when ready to serve

Christina Karakozoff

Red Pepper Soup

This soup can be served hot or cold, and red peppers rate high in vitamin C. A healthy note.

Serves: 6

- | | |
|--------------------------------------|---------------------------------|
| 5 sliced red peppers | ½ cup half and half |
| 1 chopped medium onion | 2 teaspoons brown sugar |
| ¼ cup butter | salt and pepper to taste |
| 2 (20 oz.) cans chicken broth | chopped mushrooms |

1. Saute peppers and onion in butter until limp.
2. Add broth and simmer 15 minutes.
3. Blend in blender.
4. Add half and half, brown sugar, salt and pepper.
5. Garnish with chopped mushrooms or other preference.

Hjordis Wolfe



Cream of Broccoli Soup

An effortless yet distinctive soup.

Serves: 6

- | | |
|---------------------------------|-------------------------------|
| 2 bunches green onions | 1 (49 oz.) can chicken |
| 1 garlic clove | broth |
| ½ cube butter | 1 bay leaf |
| 1 large bunch broccoli | ¼ teaspoon dill weed |
| 4 peeled medium potatoes | ½ pint whipping cream |

1. Cut onions into 2-inch lengths, including greens. Chop garlic. Saute onions and garlic in butter until tender. Set aside.
2. Trim off tough broccoli stems. Cut broccoli into pieces. Quarter potatoes. Add vegetables to pot.
3. Add broth and seasonings. Bring to boil. Reduce heat, cover and simmer about 20–30 minutes or until vegetables are tender.
4. Remove bay leaf. Process in blender. Reheat if necessary.
5. Serve garnished with whipping cream.

Lisa Elsbree

As the story goes, Franciscan Padres came to the Santa Rosa Valley in 1829 to christianize the Indians who subsequently threatened to kill them. While fleeing the area, they found an Indian girl beside a creek, and they baptized her with the name Santa Rosa on the feast day of Santa Rosa de Lema.



Cream of Watercress Soup

An elegant first course your guests will appreciate. Serve with fine dinner rolls.

Serves: 4

- | | | | |
|----------|----------------------------------|----------|---------------------------------|
| 4 | tablespoons butter | 4 | bunches watercress |
| 2 | cups finely chopped onion | 1 | cup heavy cream |
| 3 | cups chicken stock | | salt and pepper to taste |
| 1 | peeled and diced potato | | nutmeg to taste |
| | | | cayenne to taste |

1. Melt butter in heavy pot. Add onion and cook, covered, over low heat until tender and lightly colored, about 25 minutes.
2. Add chicken stock and potato. Bring to boil, reduce heat and simmer, partially covered, until potato is very tender.
3. Remove leaves and tender stems from watercress; rinse thoroughly. Add watercress to pot. Cover; remove from heat, and let stand 5 minutes.
4. Strain soup, reserving liquid. Process solids with steel blade of food processor. Add 1 cup cooking stock and process until smooth.
5. Return puree to pot, stir in heavy cream, and add 1 cup additional stock. Set over medium heat. Add seasonings to taste. Simmer until heated through. Serve immediately.

Mary Anne Pierce

Santa Rosa city politics were very partisan and were dominated by the Democrats during the formative years. Luther Burbank, running as a Republican, lost his bid as a Santa Rosa city councilman.



Cream of Tomato Soup

Quick to fix and always good.

Serves: 2-4

- | | |
|--|---|
| 2 cups peeled raw tomatoes | ½ teaspoon margarine |
| ½ cup chopped celery (optional) | 2 teaspoons brown sugar (optional) |
| ¼ cup chopped onion (optional) | chopped basil |
| salt and pepper to taste | chopped parsley |
| | pinch of soda |
| | 1½ cups milk |

1. Puree vegetables. Add salt and pepper. Put in saucepan; bring to boil and reduce heat. Cook until tender.
2. To vegetable mixture add margarine, seasonings and soda.
3. In large saucepan heat milk to boiling point. Remove from heat. Add vegetable mixture. Serve immediately.

Maybelle Fremming

Split Pea Chowder

A satisfying chowder for a chilly day.

Serves: 10-12

- | | |
|--|--------------------------------|
| ¼ cup diced bacon | 2 teaspoons salt |
| 1 chopped onion | 2 teaspoons celery salt |
| 1 cup diced raw potatoes | ¼ teaspoon pepper |
| 2 cups cleaned dried split peas | 6 cups boiling water |
| | 1 quart scalded milk |

1. Fry bacon and onion over medium low heat until golden brown.
2. Add potatoes, peas and seasonings.
3. Add water and simmer until potatoes and peas are done.
4. Add scalded milk when ready to serve.

Olga Tiffany



Cream of Asparagus Soup

This flavorful soup is also very good with chopped broccoli.

Serves: 4

- | | |
|--|-----------------------------|
| 4 cups chopped asparagus | ¼ cup butter |
| ½ cup chopped onion | ¼ cup unsifted flour |
| 3 cups chicken stock (or
broth) | ⅛ teaspoon pepper |
| ½ teaspoon thyme | 1 pint half and half |
| ⅛ teaspoon garlic powder | salt to taste |

1. In large saucepan combine asparagus, onions, stock, thyme and garlic. Cover; bring to boil and simmer until tender, about 15 minutes.
2. Remove asparagus and cut off tips for garnish. Set aside.
3. Process ingredients in blender until smooth.
4. Melt butter. Mix in flour and pepper, stirring until smooth. Blend in half and half, stirring until thickened.
5. Add asparagus to white sauce. Heat slowly. Do not boil. Add salt and pepper to taste.
6. Serve garnished with asparagus tips.

Wanda Crater

*The first sheriff in Sonoma County was
Israel Brockman, who was elected in 1857.*



Autumn Harvest Pumpkin Soup

An elegant and tasty soup one thinks of cooking when that winter chill hits the air.

Serves: 6

- | | |
|------------------------------------|---|
| 2 tablespoons butter | 1 (1 lb.) can pumpkin |
| ¼ cup chopped green pepper | 2 cups chicken stock (or canned broth) |
| 2 tablespoons chopped onion | 1 tablespoon flour |
| 1 tablespoon parsley | 1 cup milk |
| ⅛ teaspoon thyme leaves | 1 teaspoon salt |
| 1 (8 oz.) can tomatoes | ⅛ teaspoon pepper |

1. Melt butter in saucepan. Add pepper, onion, parsley and thyme. Cook 5 minutes.
2. Add tomatoes, pumpkin and chicken broth. Cover and simmer 30 minutes, stirring occasionally.
3. Strain mixture.
4. Blend together flour and milk; stir into soup. Add salt and pepper. Cook, stirring frequently, until mixture comes to boil. Serve immediately.

Mary Anne Pierce

A large segment of the Pomo Indian population died from disease brought in by the missionaries. Most survivors were moved to rancherias and to the Round Valley Reservation in eastern Mendocino County during the late 1850s. By the 1870s and 1880s the Indians had returned to the Russian River area in order to work in the fields. By the turn of the century the Pomo Indians were admired for their skill at basketmaking. Interest was also shown in collecting such artifacts as tools, charms and arrowheads.



Cream of Artichoke Soup

A delicious treat.

Serves: 6

- | | |
|----------------------------------|-----------------------------|
| 2 (8½ oz.) cans artichoke hearts | 3 tablespoons tomato paste |
| 2 minced garlic cloves | 1 cup chicken stock |
| ½ teaspoon red pepper flakes | 1 cup scalded half and half |
| ½ cup olive oil | 1 teaspoon salt |
| | ½ teaspoon white pepper |

1. Drain artichokes, reserving liquid. Puree them until smooth.
2. In pot, cook garlic and pepper flakes in oil over medium-low heat, stirring, until the garlic is golden. Add artichoke puree and juice and cook, stirring about 3 minutes.
3. Add tomato paste and chicken stock. Simmer, stirring about 3 minutes. Whisk in half and half, salt and white pepper.
4. Serve immediately or make 1 day in advance, cover and chill. Reheat gently.

Politically, Petaluma and Sebastopol had strong Republican feelings while those registered voters in Santa Rosa and Healdsburg were largely Democrats.



Cream of Mushroom Soup

This soup may be made with non-fat skim milk and will then have only about 30 calories per serving. Or, forget about calorie counting and garnish with coarsely chopped cashews.

Serves: 4

- | | |
|---|----------------------------------|
| ½ pound finely chopped mushrooms | ¼ teaspoon marjoram |
| 1 cup chicken broth | ¼ teaspoon thyme |
| 2 cups cream or milk | ½ teaspoon salt |
| dash white pepper | ⅓ teaspoon crushed garlic |
| | minced parsley |

1. Combine the mushrooms and broth in saucepan. Simmer 5 minutes.
2. Process half of mushrooms, cream and seasonings in blender.
3. Add mixture to rest of mushrooms and broth. Heat.
4. Garnish with parsley.

Mary Anne Pierce



The 1910 Post Office building which now houses the Sonoma County Museum.



President Reagan's Hamburger Soup

This soup freezes well and can be kept refrigerated for several days in a covered container.

Serves: 10-12

- | | |
|----------------------------------|----------------------------------|
| ¼ cup butter | large ripe tomatoes |
| 2 pounds lean ground beef | or 14 oz. can stewed |
| 2 cups diced onion | tomatoes |
| 4 minced garlic cloves | ½ teaspoon freshly ground |
| 1½ cups diced carrots | black pepper |
| 2 cups diced celery | 2 bay leaves |
| 1 cup diced green pepper | 1 (15 oz.) can hominy |
| 3 quarts hot beef broth | 2 tablespoons chopped |
| 4 peeled and chopped | fresh parsley |

1. Melt butter in heavy skillet; add meat and brown quickly over high heat.
2. Add diced vegetables; cover and simmer over medium heat for 10 minutes.
3. Add hot broth, tomatoes, pepper and bay leaves. Cover and simmer over medium heat for 35 minutes.
4. Stir in hominy. Set cover slightly ajar, and simmer over medium high heat for 10 minutes.
5. Remove bay leaves; add chopped parsley. Serve at once. Delicious with thick slices of toasted French bread.

Dolores D. Moore

Publicly expressing the Republican sentiment in journalism was J. W. Ragsdale, publisher of the newspaper The Santa Rosa Republic. He also gained prominence as a state senator, as the Santa Rosa postmaster and as the United States Consul in Tientsin, China.



Hearty Hodge Podge Soup

My favorite soup. Serve with toasted and buttered French bread.

Serves: 10-12

- | | |
|-------------------------------|---------------------------------|
| 6 slices bacon | 2 (15 oz.) cans garbanzo |
| 1 thinly sliced medium | beans |
| onion | 4 diced medium potatoes |
| 1 pound beef shank | 1 minced garlic clove |
| ¾ pound ham hock | 1 (4 oz.) thinly sliced |
| 6 cups water | polish sausage |
| 2 teaspoons salt | |

1. In dutch oven cook bacon until crisp; drain, reserving 2 tablespoons drippings. Crumble bacon and set aside.
2. Add sliced onion to reserved drippings in pan. Cook until tender but not brown. Add beef shank, ham hock, water and salt. Cover and simmer 1½ hours.
3. Remove meat from bones and dice. Carefully skim fat from broth.
4. Return meat to soup. Add undrained beans, potatoes and garlic. Simmer, covered, 30 minutes.
5. Add sausage and bacon. Continue simmering, covered, 15 minutes.

Nona Lucas

Dr. James Boyce was the first physician in Santa Rosa.



Vegetable Beef and Barley Soup

A very warming dish to serve on a cold evening.

Serves: 12-14

- | | | | |
|----------|-----------------------------|----------|---------------------------------|
| 6 | meaty soup bones | 4 | carrots |
| 3 | quarts water | 4 | chopped celery stalks |
| ¼ | cup olive oil | | with leaves |
| 2 | medium onions | 4 | chopped ripe tomatoes |
| 4 | minced garlic cloves | 2 | bay leaves |
| 1 | pound beef stew | | scallions |
| ½ | cup tomato paste | | salt and pepper to taste |
| 1 | cup cooked barley | | |

1. Bring water and soup bones to boil in pot. Skim as foam forms. Simmer 3 hours. Remove surface fat. Remove meat from bones.
2. Cut stew meat into bite-size pieces.
3. In large pot saute onions, garlic and meat in oil. Add tomato paste and stir. Cook a few minutes.
4. Add meat and broth. Bring to boil.
5. Add barley and vegetables. Cover and simmer until tender.
6. Remove bay leaves. Add salt and pepper.

Barbara Berns

The 1850 census shows the average settler in Sonoma County as a 21-year old unmarried male.



Beef Minestrone Soup

A nutritional dish that everyone enjoys.

Serves: 12-14

- | | | | |
|-----------|--|----------|---------------------------------------|
| 1 | tablespoon salad oil | ¼ | cup barley |
| 1 | pound cubed beef stew | ½ | bay leaf |
| 1¼ | cups water | 1 | teaspoon salt |
| 2 | sliced medium carrots | 1 | (8 oz.) can red kidney beans |
| 2 | small turnips, cut into matchstick strips | 1 | (8 oz.) can white kidney beans |
| ½ | diced small cabbage | ¼ | cup chopped parsley |
| 1 | (15 oz.) can tomatoes | | grated parmesan cheese |
| 1 | sliced medium onion | | |
| 1 | beef bouillon cube | | |

1. In large Dutch oven or saucepan, brown beef in hot oil.
2. Add water and next nine ingredients.
3. Heat to boiling, reduce heat to low, cover and simmer 1 hour or until vegetables are tender.
4. Stir in drained beans and parsley. Heat.
5. Serve garnished with parmesan cheese.

Betty Jo Barrett

The largest number of European immigrants of the 1880s came from Italy; they engaged in grape growing, wine making and stone cutting.



Mexican Inspiration Soup

Using leftover taco filling and rice lend to the distinct flavor of this soup. This is a great recipe for improvising.

Serves: 8–10

3 pounds beef soup bones	hot sauce to taste
3 quarts water	1 teaspoon garlic powder
1 teaspoon salt	(or to taste)
3 diced carrots	1 tablespoon boiled and
1 diced celery stalk	pounded cumin seed
½ chopped onion	1½ cups taco seasoned
2 diced small zucchinis	cooked ground beef
¾ cups diced cauliflower	1 cup cooked rice
½ teaspoon taco seasoning	salt and pepper to taste

1. Simmer soup bones in salted water 2–3 hours. Skim; remove meat from bones and return meat to pot.
2. Add vegetables and seasoning to broth. Simmer another 40 minutes or until vegetables are tender.
3. Add ground beef and rice. Simmer 10–15 minutes.

Janet Pisenti

The Carrillo Adobe was home to the first non-Indian resident of Sonoma Valley. Doña Maria's family converted her adobe into a tavern and wayside inn. Later it was sold to Ted Hahman and Barney Hoen who turned it into a headquarters for a trading company.



Busy Day Crock Pot Soup

A winner for the busy person.

Serves: 6

- | | |
|--|--|
| 3 pounds beef shanks, oxtails, short ribs or veal bones | 3 diced medium pared potatoes |
| 1 (28 oz.) can of chopped tomatoes | 4½ cups water |
| 4 sliced carrots | 2 teaspoons salt |
| 4 sliced celery stalks | 5 whole peppercorns |
| 3 diced medium onions | 4 beef bouillon cubes |
| | 2 (10 oz.) packages frozen mixed vegetables |

1. Put all ingredients except frozen vegetables in crock pot. Cover and cook on low heat 12–24 hours (high 4–6 hours).
2. Add vegetables last 2 hours of cooking.

Susan Smith





Crab and Avocado Soup

This soup is also good cold. It will keep for several days.

Serves: 4-6

- | | |
|---------------------------------------|--|
| 4 tablespoons melted margarine | 2 cups mashed ripe avocados (4) |
| 4 tablespoons minced onion | 6 ounces fresh, frozen or canned crabmeat |
| 1 minced garlic clove | 1 pint half and half |
| 2 tablespoons flour | salt and pepper to taste |
| 2 (14 oz.) cans chicken broth | |

1. Melt margarine; add onion and garlic. Cook until tender.
2. Blend in flour. Add chicken broth; stir until smooth. Add avocados and crabmeat. Simmer 20 minutes.
3. Add half and half, salt and pepper. Simmer a few minutes more.

Dorothy Lucas

Freestone came into being when Jaspar O'Farrell, an engineer, fled San Francisco to escape being lynched because he made Market Street too wide in the planning and construction of the city's main streets. He named his settlement "Analy" after his Irish birthplace.



Clam Chowder Perfection

A real hit with clam chowder aficionados.

Serves: 6-8

- | | |
|-------------------------------------|----------------------------------|
| 2 (7½ oz.) cans minced clams | ¼ cup flour |
| 5 diced medium potatoes | salt to taste |
| 1 diced large onion | minced parsley (optional) |
| ¼ cup butter | crumbled bacon (optional) |
| 1½ cups milk | |

1. Drain clams and save liquid.
2. Place potatoes, onion, clam broth and enough water to cover in saucepan. Cover and simmer until tender.
3. Make a thick white sauce using butter, milk and flour.
4. Add clams and potato mixture. Thin to desired consistency with liquid from potatoes.
5. Season with salt. Serve garnished with parsley or bacon.

Dorothy Lucas

Marilyn Nielsen's Clam Chowder

A quick, highly satisfying dish.

Serves: 4-6

- | | |
|--|---|
| 2 slices diced bacon | 1 can chopped clams |
| 1 chopped medium onion | juice from can of clams |
| 2 (10½ oz.) cans cream of potato soup | dash of allspice, cumin and pepper |
| 2 soup cans of half and half or milk | |

1. Saute bacon and onion until brown but not crisp.
2. Add rest of ingredients; slowly bring to soft boil, stirring frequently.
3. Serve immediately.



Vintage of the Sea Cioppino

*Serve with lots of crusty French bread or garlic seasoned toasts.
There are always requests for seconds.*

Serves: 8-10

2	chopped medium onions	1	crumbled bay leaf
4	minced garlic cloves	1	teaspoon salt
1	chopped celery stalk	1½	teaspoons pepper
¼	cup chopped parsley		hot pepper sauce to
½	cup olive oil		taste
2	(28 oz.) cans crushed	24	small uncooked clams
	tomatoes and juice	24	large uncooked shrimp
1	(16 oz.) can tomato paste		(2 lbs medium)
3	(8 oz.) cans tomato sauce	3	whole cleaned and
1	cup dry white wine		cracked cooked crabs
2	teaspoons basil	1½	pounds cubed halibut,
1½	teaspoons oregano		sea bass or other white
2	teaspoons rosemary		fish
2	teaspoons thyme		

1. Saute onions, garlic, celery and parsley in olive oil, stirring, until softened.
2. Add tomatoes, tomato paste, tomato sauce, wine and spices. Season with salt, pepper and hot pepper sauce. Cover and simmer 1½ hours, stirring occasionally. Sauce can be prepared day ahead and refrigerated.
3. Wash clams and shrimp. Shell and devein the shrimp.
4. Add clams and white fish to heated sauce. Cover and simmer 5 minutes. Add shrimp and crab; simmer until clams open and shrimp are cooked through, about 5 minutes. Discard unopened clams. Ladle into bowls.

Sandy Bertolone

The wine industry is considered to be Sonoma County's oldest continual agricultural venture. It all started when the Russians brought grape vines to the three ranches they established along the coast after building Fort Ross in 1812.



Tomato Crab Bisque

Delightfully easy. It is also good served cold.

Serves: 8

- | | |
|---|---------------------------------|
| 1 (10½ oz.) can split pea soup | ½ pint light cream |
| 1 (10½ oz.) can beef consomme | ½ pound cleaned crabmeat |
| 1 (10½ oz.) can cream of tomato soup | ½ cup sherry |
| | parsley or paprika or |
| | curry |
| | croutons |

1. Mix soups (no water).
2. Add cream and mix with rotary beater.
3. Add crabmeat. Heat slowly, but do not boil.
4. Add sherry a little at a time.
5. Garnish with either parsley, paprika or ½ tsp. curry. Serve with croutons.

Julia Andreini

Tailgate Soup

A quick and easy soup for the busy schedule.

- | | |
|--------------------------------------|-------------------------------|
| 2 (11 oz.) cans tomato soup | 1 (6 oz.) can drained |
| 2 (11 oz.) cans beef bouillon | crabmeat (optional) or |
| 1 soup can sherry | substitute sour cream |
| | (optional) |
| | salt and pepper |
| | minced parsley |

1. Combine soups. Bring to boil
2. Stir in sherry. Add crabmeat or sour cream. Add salt and pepper to taste.
3. Garnish with parsley.



Valley of the Moon Christmas Chowder

This dish makes a nice holiday treat, but it is good anytime.

Serves: 6

- | | |
|---|--|
| 2 (10½ oz.) cans condensed cream of chicken soup | 1 (6 oz.) can deveined small shrimp or bay shrimp |
| 1 teaspoon curry powder | butter, paprika, chopped parsley |
| 2 soup cans cream or milk | |

1. Blend curry with ½ cup of soup. Mix in remaining soup. Stir in cream.
2. Heat slowly; do not boil.
3. About 5 minutes before serving, add shrimp.
4. Serve garnished with dot of butter, and a sprinkling of paprika and parsley.

Nancy Paine





Old Fashioned Chicken and Corn Chowder

Very heartwarming at the end of a busy day.

Serves: 8

- | | |
|--|--------------------------------------|
| 2 tablespoons vegetable oil | 2 cups cubed cooked chicken |
| 1 cup chopped onions | 1 cup milk |
| 1 cup chopped celery | 3½ teaspoons |
| 3 tablespoons flour | Worchestershire sauce |
| 3 cups chicken broth | or 1 teaspoon nutmeg |
| 2 (12 oz.) cans undrained whole kernel corn | 2 tablespoons chopped parsley |

1. Saute onions and celery in oil.
2. Add flour and mix well. Gradually add broth.
3. Add rest of ingredients. Simmer 20 minutes.

Elaine Doyle

Caldo de Gallina

A quick dish inspired by Mexican cooks of the past.

Serves: 6

- | | |
|---|--|
| 8 cups chicken broth | 2 minced jalapeño peppers (or to taste) |
| 2 cups bite-size chunks cooked chicken or turkey | 2 cups cooked rice |
| 2 cups cooked garbanzo beans | 2 teaspoons dried oregano |
| | 1 thinly sliced avocado |
| | 1½ cups grated Muenster cheese |

1. Bring broth to boil.
2. Add chicken, beans, peppers, rice and oregano. Simmer 5 minutes.
3. Pour soup into shallow serving bowls. Top with avocado slices and cheese before serving.

Janet Pisenti



Chicken Almond Soup

A good chicken soup with an elegant flourish.

Serves: 6-8

- | | |
|------------------------------------|--------------------------------------|
| ½ stick butter | ⅓ cup chopped toasted almonds |
| ¼ cup flour | |
| 1 quart whipping cream | 2 cups chopped cooked chicken |
| 3 cups chicken broth | |
| ¼ stick butter | ⅛ teaspoon pepper |
| 4 tablespoons minced celery | salt to taste |
| 2 tablespoons minced onion | sliced toasted almonds |

1. Melt ½ stick butter over low heat. Stir in flour. Cook, stirring, 2 minutes; do not brown. Remove from heat.
2. Heat cream and broth in large saucepan over medium heat. Gradually whisk 2 cups hot cream into flour mixture. Whisk back into remaining cream mixture. Simmer until thickened, stirring frequently.
3. Slowly melt remaining ¼ stick butter. Add celery and onion and saute until soft, about 5 minutes. Add almonds and cook 1 minute.
4. Stir vegetable mixture into soup. Add chicken and seasonings. Simmer 10 minutes.
5. Serve garnished with sliced almonds.

Donald McDonald became the first Santa Rosa postmaster in April of 1852.



Gloria Deukmejian's Tortellini Soup

For a lighter sausage flavor, use less sausage.

Serves: 6-8

$\frac{1}{2}$ pound mild Italian sausage	$3\frac{1}{2}$ cups chicken stock (or canned broth)
1 chopped onion	$3\frac{1}{2}$ cups water
2 cups sliced zucchini	1 (8 oz.) can undrained chopped tomatoes
1 cup 1" diced green bell pepper	1 cup chopped parsley
1 chopped large garlic clove	1 (12 oz.) package frozen tortellini
$\frac{1}{4}$ teaspoon crushed dried oregano leaves	grated parmesan cheese

1. Remove casing from sausage; coarsely chop sausage.
2. Saute onion and vegetables with garlic, oregano and sausage.
3. Add chicken broth, water, tomatoes and parsley. Bring soup to boil.
4. Add tortellini and simmer 15-20 minutes or until tortellini are tender.
5. Serve garnished with parmesan cheese.

The Athenaeum, a first-class theater with a 2,000-seat auditorium, including a movable dance floor, was built in Santa Rosa at Fourth and D Streets in 1884. The building was destroyed in the 1906 earthquake.



Cream of Wild Rice Soup

Mmm...so good and good for you, too.

Serves: 8-10

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|--|--|
| 2 cups cooked wild rice ($\frac{1}{2}$ cup uncooked) | $\frac{1}{2}$ cup butter |
| 1 diced large onion | 1 scant cup flour |
| $\frac{1}{2}$ diced green pepper | 8 cups hot chicken broth |
| $1\frac{1}{2}$ diced celery stalks | salt and pepper to taste |
| 1 cup sliced mushrooms | 1 cup half and half |

1. Prepare wild rice.
2. Saute onion, green pepper, celery and mushrooms in butter.
3. Stir in flour. Add broth and rice. Season to taste.
4. Heat thoroughly. Stir in cream.

Barbara Berns

Petaluma's first constable was "Boss" Overton who also served as the county's district attorney and judge, and who founded the Petaluma Savings Bank and the Santa Rosa Savings Bank.



German Potato Soup

A rich, hearty soup that's filling and so nutritional.

Serves: 8

- | | | | |
|----------|----------------------------------|----------|--|
| 5 | diced slices bacon | 2 | bouillon cubes |
| 1 | chopped medium onion | 1 | bay leaf |
| 4 | peeled and diced potatoes | 1 | teaspoon marjoram |
| 3 | diced celery stalks | | chopped parsley to taste |
| 3 | diced carrots | 2 | teaspoons caraway seed (optional) |
| 1 | minced garlic clove | | salt and pepper to taste |
| 2 | cups beef stock | 1 | cup half and half |

1. Saute bacon and onion. Set aside.
2. In soup kettle, mix vegetables, garlic, bouillon cubes and enough beef stock to cover vegetables by two inches. Add seasonings. Bring to boil; simmer.
3. Add bacon, onion, salt and pepper. Cook until vegetables are soft. Skim.
4. Remove from heat; cool. Puree mixture.
5. When ready to serve, mix half and half with soup mixture and heat. Do not boil. Garnish with favorite condiments.

Janet Pisenti

A German prisoner of war camp, Camp Beale, was set up in Windsor during World War II. The prisoners were paid 80 cents a day to work on local ranches and were treated very well. They were allowed to grow flowers and plant their own gardens.



Potato Cheese Soup

Toasted pumpernickel bread cut into croutons makes an excellent garnish for this hearty soup.

Serves: 6

- | | |
|--|-------------------------------------|
| 4 tablespoons butter | 4 cups cubed potatoes |
| 1½ cups finely chopped onions | 1 cup chopped fresh dill |
| 2 cups chopped carrots | salt and pepper to taste |
| 5 cups chicken stock (or broth) | 3 cups grated cheddar cheese |

1. Melt butter in pot. Add onions and carrots. Cook over low heat, covered, until vegetables are tender, about 30 minutes.
2. Add stock and potatoes. Simmer until potatoes are tender, about 30 minutes.
3. Add dill. Remove from heat, and let stand, covered about 5 minutes.
4. Strain soup. Process solids with 1 cup of stock until smooth.
5. Return puree to pot. Add additional stock, about 3 to 4 cups, until soup is at desired consistency. Set over low heat. Add salt and pepper. Gradually stir in cheese and let melt, stirring. Serve immediately garnished with favorite croutons.

Mary Anne Pierce

Before the first County Hospital was constructed in 1866 it was housed in a section of the upper story of the jail.



Sonoma Valley Cheese Soup

The cheese makes this soup especially appealing.

Serves: 6-8

- | | |
|---|--------------------------------------|
| 2½ cups water | ⅓ cup flour |
| 2½ tablespoons chicken soup base | 3 cups milk |
| 1 cup shredded carrots | 1 pound grated cheddar cheese |
| 1 cup finely sliced celery | salt and pepper to taste |
| ⅔ cup thinly sliced onion | |

1. Combine water, chicken soup base, carrots, celery and onion. Cover and simmer 12 minutes.
2. Blend flour with 1½ cups milk. Add to mixture; stir well. Add remaining milk. Cook until thickened (about 15 minutes).
3. Add cheese and stir until melted.
4. Season to taste.

Dorothy Lucas

Sonoma is a Wintun Indian name meaning "Land of Chief Nose." Others have interpreted the name to mean "Valley of the Moon."



Agua Caliente Tortilla Soup

Mexican food lovers will run to the table on time for this one.

Serves: 8

- ½ cup chopped onion**
- 1 cup peeled, seeded and chopped tomato**
- 1 tablespoon minced garlic clove**
- 1 tablespoon corn oil**
- 8 cups chicken stock (or canned broth)**
- 1 teaspoon ground cumin**
- pepper to taste**

Garnish

- ¾ cup corn oil**
- 3 corn tortillas**
- ½ diced ripe avocado**
- ¾ cup grated cheddar cheese**

1. Saute onion, tomato and garlic in oil over medium heat, stirring occasionally, for 5 minutes.
2. Add chicken stock and simmer for 30 minutes.
3. Add cumin and pepper. Simmer 5 minutes.
4. Cut tortillas into julienne strips. In skillet heat oil over high heat until hot; fry tortillas in batches for 30 seconds. Drain in paper towels.
5. Serve soup garnished with avocado, tortilla strips and cheese.

James N. Bennett of Bennett Valley and Col. Joseph Hooker of Aqua Caliente tied as legislative candidates in one of the early elections. Bennett won in a run-off election.



Soup Accompaniments







Garlic Cumin Toasts

- | | |
|------------------------------------|---|
| 1 minced large garlic clove | 3 tablespoons softened butter |
| ½ teaspoon cumin seed | 2 (5") round hard roll cut into ½-inch slices. |
| ¼ teaspoon salt | |
1. Mash garlic and cumin seed to paste with salt. Add butter and combine. Heat oven broiler.
 2. Spread mixture on one side of each roll slice. Place on baking sheet and broil about 3 inches from heat until golden, about 3 minutes. Makes 16 toasts.

Oyster Crackers

These crackers freeze well

- | | |
|--|---------------------------------|
| 2 (12 oz.) boxes oyster crackers | 1 teaspoon garlic powder |
| 1 cup olive oil | ½ teaspoon dill weed |
| 1 envelope plus ½ tablespoon dry Hidden Valley Dressing mix | ½ teaspoon lemon pepper |
1. Place crackers in heavy brown bag.
 2. Mix rest of ingredients and pour over crackers. Shake until well coated.
 3. Place crackers on 2 cookie sheets. Bake 10–15 minutes in preheated 200° oven. Place on wax paper to cool.

Dorothy Lucas

Parmesan Croutons

- | | |
|---|-------------------------------------|
| 16 ½-inch-thick French bread baguette slices | 1 cup grated parmesan cheese |
| | 1 teaspoon oregano olive oil |
1. Preheat oven to 375°.
 2. Arrange bread slices on baking sheet. Sprinkle cheese and oregano over. Drizzle with olive oil.
 3. Bake 5 minutes until crisp and cheese melts.



Garlic Parmesan Toasts

- | | | | |
|----------|------------------------------|-----------|--------------------------------|
| 1 | minced large garlic | 24 | ¼-inch-thick diagonally |
| | clove | | cut slices of Italian |
| ¼ | teaspoon salt | | bread |
| ¾ | stick (6 tablespoons) | 1 | cup grated parmesan |
| | unsalted butter | | |

1. Heat oven to 375°. In small sauce pan, melt the butter. Mix in garlic and salt.
2. Brush garlic butter on 1 side of bread. Place 12 slices on flat pan. Bake 10 minutes.
3. Remove from oven; sprinkle toasts with half of parmesan. Broil about 6 inches from heat for 30–60 seconds until parmesan begins to melt and outer edges are golden.
4. Repeat process with remaining 12 slices of bread. Makes 24.

Parmesan Tortilla Strips

- | | | | |
|----------|------------------------------|----------|---------------------------|
| ¼ | cup vegetable oil | 8 | tablespoons finely |
| 6 | 7-inch corn tortillas | | grated parmesan |

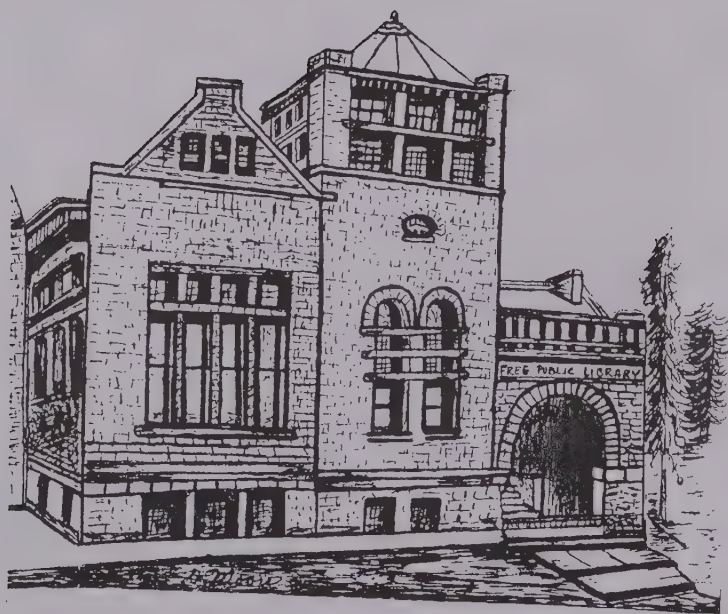
1. Halve tortillas; cut into ½-inch strips.
2. Heat oil over moderate heat. Cook a few tortilla strips at a time until golden and crisp. Remove and drain on paper towels.
3. Place in baking pan and bake in preheated 250° oven for 10 minutes.
4. Sprinkle with parmesan and toss well. Bake until cheese melts, about 5 minutes. Makes enough garnish for 6 cups of soup.



Poppy Seed Strips

$\frac{1}{3}$ cup poppy seeds	$\frac{1}{4}$ teaspoon salt
$2\frac{2}{3}$ cups flour	$\frac{1}{4}$ cup minced parsley
2 cubes (1 cup) diced butter	1 egg
4 lightly beaten egg yolks	2 tablespoons milk
3 hard-boiled crumbled egg yolks	coarse salt to taste
	pepper to taste

1. Put poppy seeds in small bowl. Cover with enough water to cover by 1 inch. Soak 3 hours.
2. Put flour in bowl and make well in center. In well add butter, egg yolks, hard-boiled egg yolks and salt. Blend well, using fingers. Form into ball and chill, covered, 1 hour.
3. Drain seeds and dry on paper towels. Pulverize in blender. Transfer to bowl and combine with parsley.
4. Mix egg and milk. Divide dough in half. Roll half out into 7"x18" rectangle on lightly floured surface. Brush with egg and milk mixture. Spread with half of poppy seeds; sprinkle with salt and pepper.
5. Cut dough into $\frac{1}{2}$ inch strips. Arrange on lightly buttered baking sheet. Brush with egg wash again. Bake in preheated 350° oven 15–20 minutes until golden. Repeat with remaining dough. Makes 72.



The 1904 Carnegie Grant Library was built of basalt blocks from a local quarry.

Recipe For a Happy Marriage

A sure winner

Serves: 2

- 1 cup of consideration**
 - 1 cup of courtesy**
 - 2 cups flattery carefully concealed**
 - 2 cupfuls milk of human kindness**
 - 1 gallon faith in God and each other**
 - 2 cupfuls praise**
 - 1 small pinch of in-laws**
 - 1 reasonable budget**
generous dash of cooperation
 - 3 teaspoons pure extract of "I am sorry"**
 - 1 cup of contentment**
 - 1 cup each of confidence and encouragement**
 - 1 large or several small hobbies**
 - 1 cup of blindness to the other's faults**
-
- 1. Flavor with frequent portions of recreation and a dash of happy memories.
 - 2. Stir well and remove any specks of jealousy, temper or criticism.
 - 3. Sweeten well with generous portions of love and keep warm with a steady flame of devotion.
 - 4. NEVER serve with cold shoulder or hot tongue.

Dolores D. Moore

Salads







Sonoma Chicken Salad With Salsa

This salad is great for dinner; low in cholesterol, too.

Servings: 4

- | | |
|---|---|
| 6 cups coarsely shredded romaine lettuce | Salsa |
| 2½ cups alfalfa sprouts | 1 cup coarsely chopped tomato |
| 2½ cups shredded cooked chicken | 1 (4 oz.) can chopped green chilies |
| 1 thinly sliced ripe avocado | 3 tablespoons thinly sliced green onions |
| | 2 tablespoons lime juice |
| | 2 tablespoons olive oil |
| | 2 teaspoons dried coriander |
| | 1 teaspoon minced jalapeño pepper |
| | ¼ teaspoon salt |

1. Combine salsa ingredients.
2. Place lettuce in bowl.
3. Top with sprouts, chicken and avocado.
4. Spoon salsa over salad and toss.

Lynn Cornelssen

Jose Ramon Carrillo, Doña Carrillo's second son, was famous for his horsemanship and for fighting grizzly bears with only a knife and a shield.



Teriyaki Chicken Salad

A wonderful salad using barbecued chicken

Serves: 6

**2 whole skinned and
boned chicken breasts**

Salad

**1 head shredded lettuce
1 diced tomato
1 diced ripe avocado
toasted sesame seeds
and sunflower seeds to
taste**

Marinade

**$\frac{2}{3}$ cup lite soy sauce
 $\frac{1}{3}$ cup white wine, sherry
or beer**

**$\frac{1}{4}$ tablespoons grated fresh
ginger**

**1 tablespoon minced
garlic**

**1 teaspoon sugar
freshly ground pepper**

Dressing

$\frac{2}{3}$ cup oil

$\frac{1}{3}$ cup red wine vinegar

**1 tablespoon sesame oil
salt and pepper**

1. Combine marinade ingredients.
2. Marinate chicken 2–5 hours according to taste.
3. Barbecue chicken; slice cooled chicken into bite-size pieces.
4. Toss chicken with tomato, avocado, sesame seeds and sunflower seeds.
5. Mix dressing ingredients.
6. Toss dressing and chicken combination.
7. Serve on bed of lettuce.

Sandy Freeland

Kanaye Nagasawa, a member of a noble Japanese family, managed the Fountaingrove Ranch and was known in his homeland as the "Japanese Wine King of California." He was awarded the order of the Rising Sun by the Emperor for contribution to U.S.-Japanese relations.



Chicken Caesar Salad

It takes some time to prepare this salad, but it's worth it!

Serves: 4

4 boneless chicken breast halves	Dressing
3 tablespoons olive oil	2 drained and chopped anchovy fillets
1 tablespoon chopped parsley	1 minced garlic clove
1 minced garlic clove	2 tablespoons fresh lemon juice
salt and pepper to taste	1 tablespoon red wine vinegar
1 large head romaine lettuce torn into bite-size pieces	1 beaten egg (optional)
2 cups garlic flavored croutons	½ cup olive oil
5 tablespoons grated parmesan cheese	salt and coarsely ground pepper
12 halved cherry tomatoes	

1. Place chicken on flat dish. Drizzle oil on both sides.
2. Combine parsley, garlic, salt and pepper. Rub seasonings into chicken. Cover and refrigerate 1 hour.
3. For dressing, puree anchovies and garlic with lemon juice, vinegar and egg in blender. With machine running, add oil in steady stream. Blend until smooth. Season with salt and pepper.
4. Heat large nonstick skillet over medium heat or heat grill. Cook chicken until tender, about 3–4 minutes per side. Cool chicken, and cut into bite-size pieces.
5. Toss lettuce with half of dressing, croutons and 3 tablespoons cheese.
6. Mound mixture on plates. Arrange chicken on top. Sprinkle with remaining cheese. Garnish with tomatoes. Pass remaining dressing.

Joan Smith

Howarth and Annadel Parks are former basalt quarries.



Vintner's Chicken Salad

This popular dish makes a beautiful luncheon entree served on a pineapple quarter or half shell with the fronds still attached.

Serves: 8-10

- | | |
|--|---|
| 4 cups cubed cooked chicken (2 chickens) | Dressing |
| 1 (8 oz.) can sliced water chestnuts | 1½ cups mayonnaise |
| 1 pound halved seedless grapes | ¼ cup sour cream (optional) |
| 1 cup sliced celery | 2 teaspoons curry powder (or to taste) |
| 1 cup toasted slivered almonds | 1 tablespoon lemon juice |
| 1 (20 oz.) can pineapple rings or fresh pineapple | 1 tablespoon soy sauce |

1. Combine chicken, chestnuts, grapes, celery and almonds.
2. Blend dressing ingredients.
3. Combine dressing with chicken mixture, mixing thoroughly. Refrigerate for at least a few hours or overnight.
4. Serve individually on a pineapple ring or in pineapple shell with the diced pineapple added to the salad. Garnish with 1-2 pineapple spears and a maraschino cherry or toasted sliced almonds.

Janet Pisenti

The first woman doctor to practice in Sonoma County came to Healdsburg in 1859 while one didn't arrive in Santa Rosa until 1889.



Festive Chicken Salad

Another version with a marshmallow dressing. A very pretty dish.

Serves: 6

3 cups diced cooked chicken

1 cup diced celery

1 cup seedless green grapes

1 (11 oz.) can drained mandarin oranges

$\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

6 cantaloupe rings lettuce

Dressing

$\frac{1}{2}$ cup mayonnaise

$\frac{1}{2}$ cup marshmallow cream

1 teaspoon grated orange peel

1. Mix dressing.
2. Combine salad ingredients.
3. Toss dressing with salad. Serve piled on cantaloupe rings on a bed of lettuce.

Bryn Holmes

Luther Burbank was internationally known as a plant breeder and developed over 800 new varieties of vegetables, fruits, berries, flowers, nuts and grains in his half-century career.



Supervisor Janet Nicholas' Turkey Salad Deluxe

A meal in itself is what this excellent salad is all about.

Serves: 2

- | | |
|---|---|
| 2 cups iceberg lettuce,
torn in bite-size pieces | 1 chopped sweet gherkin |
| 1 cup cubed cooked
turkey | ¼ cup chopped pecans |
| ¼ cup golden raisins | 2 tablespoons chopped
red onion |
| ¼ cup halved seedless
grapes | ¼ cup cubed mild cheddar
cheese |
| | ½ cup salad dressing or
mayonnaise |

1. In large bowl combine lettuce, turkey, raisins, grapes, sweet gherkin, pecans, onion and cheese.
2. Toss with salad dressing.

Hot Chicken Salad

Turkey or tuna may be substituted for the chicken in this delicious hot salad dish.

Servings: 8

- | | |
|---|--|
| 2 cups cubed baked
chicken (2½ full breasts) | 1 cup mayonnaise |
| 2 cups chopped celery | ½ cup grated cheddar
cheese |
| ½ cup chopped almonds | 1 cup crushed potato
chips |
| 1 teaspoon grated onion | |
| 1 cup grated carrots | |

1. Combine first six ingredients.
2. Place in 9"x13" casserole. Top with cheese and potato chips.
3. Bake 10 minutes at 450°. Serve hot.

Barbara Berns



Cobb Salad

A meal in itself. This salad is also good with Roquefort, French or another dressing of choice.

Serves: 6

- 6 cups crisp assorted salad greens (romaine, curly endive, watercress, butter, chicory, etc.)**
- 1 chopped large tomato**
- 3 tablespoons chopped green onion**
- 1½ cups diced cooked chicken (or julienned ham)**
- 3 slices crisp cooked bacon**
- 1 diced avocado**
- ⅓ cup finely crumbled blue cheese (optional)**
- ⅓ cup cubed cheese (your choice)**
- 1 chopped hard-cooked egg**

Dressing

- ⅓ cup olive oil**
- 3 tablespoons red wine vinegar**
- 1 tablespoon lemon juice**
- ½ teaspoon salt**
- ½ teaspoon garlic powder**
- salt and fresh ground pepper to taste**

1. Combine dressing ingredients.
2. In salad bowl mix salad greens, onion and tomato. Toss with enough dressing to lightly coat.
3. Place chicken, bacon, avocado and cheese on top.
4. Sprinkle egg over all.
5. Pass rest of dressing.

In 1885, the second county courthouse was constructed in the center of Santa Rosa Plaza at a cost of \$7,000 by James Ludwig.



Cold Beef Salad

Here is the perfect salad entree for a summer evening.

Serves: 6

**1½ pounds cooked lean
roast beef or steak**

1 cup broccoli flowerettes

**1 cup sliced cooked
asparagus**

¾ cup blanched snow peas

¾ cup sliced mushrooms

1 head curly leaf lettuce

Dressing

1 cup chili sauce

**½ cup tarragon wine
vinegar**

**1 drop Tabasco (or to
taste)**

salt to taste

1. Combine dressing ingredients.
2. Thinly slice beef.
3. Toss lettuce with enough dressing to lightly coat. Place in bottom of salad bowl.
4. Mix dressing with rest of salad ingredients. Arrange on top of lettuce.



Jack London's Wolf House



Taco Salad Olé

This very filling salad is a great one to take to potlucks.

Serves: 6-8

- | | |
|---|---|
| 1 pound lean ground meat
or 2 whole cooked
chicken breasts | 1 medium bag taco or
nacho chips |
| 2 chopped whole green
onions | 1 medium bottle Kraft
Catalina French
Dressing |
| 2 chopped tomatoes | lettuce |
| 2 diced avocados | |
| $\frac{3}{4}$ cup grated cheddar
cheese | |

1. Brown beef in skillet, breaking up pieces as you cook. Drain excess fat. If using chicken, dice it.
2. Mix all ingredients except chips.
3. Coarsely crush chips and toss with salad just before serving
4. Line salad bowl with lettuce. Spoon salad on top.

Alice Thomas

The city of Sonoma was the first county seat in 1850. General Vallejo was elected in 1850 as the first state senator.



Lobster and Avocado Mousse

*This salad makes a wonderful luncheon or summer dinner dish.
Crab can be nicely substituted for the lobster.*

Serves: 4

2 cups diced lobster	boiling water
½ cup chopped celery	2 tablespoons lemon juice
½ cup low calorie mayonnaise	¾ teaspoon onion salt
½ cup low calorie sour cream	2 drops Tabasco (or to taste)
salt and pepper to taste	2 ripe avocados
1 tablespoon unflavored gelatin	6 tablespoons mayonnaise
¼ cup cold water	salt to taste
½ cup plus 2 teaspoons	parsley
	chopped hard-cooked egg

1. Combine lobster, celery, mayonnaise, sour cream, salt and pepper. Chill.
2. Soften gelatin in cold water. Dissolve mixture in hot water. Add onion salt, lemon juice and Tabasco.
3. Carefully halve avocados and remove from shells. Set shells aside.
4. Mash avocados; blend thoroughly with gelatin mixture and mayonnaise. Combine with lobster mixture. Refrigerate. Can do 1 day before.
5. When ready to serve fill empty avocado shells with mixture. Garnish with parsley and chopped hard-boiled egg.

Trudy Petrucelli

The San Francisco and Northern Pacific Railroad (later known as the Northwestern Pacific Railroad) reached Santa Rosa in 1870.



Bodega Bay Seafood Salad

Excellent when the seafood is fresh and the company's just right.

Serves: 6

- | | |
|---|--|
| 1 head shredded lettuce (4 cups) | Dressing |
| 2 large tomatoes | $\frac{1}{2}$ cup mayonnaise |
| 6 large or 18 small cooked artichoke bottoms | $\frac{1}{4}$ cup plain yogurt |
| 1 pound cooked small shrimp or flaked crabmeat | $\frac{1}{4}$ cup chili sauce |
| 18 cooked asparagus spears, cooled | 1 tablespoon chopped green onion |
| 2 sieved hard-cooked eggs | $\frac{3}{4}$ teaspoon dried leaf tarragon |
| | $\frac{1}{2}$ teaspoon salt |

1. Combine dressing ingredients.
2. Arrange lettuce on 6 salad plates. Cut each tomato in 3 slices; arrange each atop lettuce. Place 1 large or 3 small artichoke bottoms on tomato. Fill artichokes with equal portions of seafood. Place 3 asparagus spears beside each tomato slice.
3. Spoon dressing over each salad.
4. Sprinkle hard-cooked egg over and serve.

Mary Anne Pierce

Petaluma had the County's first post office, then Bodega.



Shrimp and Mushroom Salad

An elegant start to an elegant meal.

Serves: 8

20	cleaned and deveined	Dressing
	shrimp	2 tablespoons Dijon
¼	cup white wine	mustard
16	snow peas	¼ cup fresh lime juice
10	thinly sliced mushroom	2 teaspoons dried dill
	caps	1 cup olive oil
½	cup chopped macadamia	salt and freshly ground
	nuts	pepper to taste
3	tablespoons minced red	
	onion	
8	leaves butter lettuce	

1. Poach shrimp in wine about 3 minutes. Drain and cool. Slice 8 shrimp lengthwise to tail and reserve for garnish. Chop remaining shrimp.
2. Blanch snow peas 2–3 minutes; drain and cool.
3. Combine shrimp pieces, snow peas, mushrooms, nuts and onion in bowl.
4. Combine dressing ingredients and shake well.
5. Pour desired amount of dressing over shrimp mixture and toss well.
6. Place lettuce on individual salad plates. Top with salad mixture. Garnish with reserved shrimp.

Dorothy McHenry

The first free postal delivery to homes in Santa Rosa began in 1900.



Salmon Salad Vinaigrette

A delectable seafood salad variation.

Serves: 6

- | | |
|--|--|
| 1 pound can drained and flaked salmon | ¼ teaspoon paprika |
| 4 cups shredded cabbage | 3 tablespoons wine vinegar |
| ¼ cup chopped onion | ½ cup olive oil |
| ¼ cup chopped parsley | 1 tablespoon chopped sweet pickle |
| 2 chopped hard-boiled eggs | 1 tablespoon chopped green pepper |
| 1 teaspoon salt | lettuce leaves |
| dash cayenne | |

1. In a bowl combine salmon, cabbage, onion, parsley and eggs.
2. In another bowl combine remaining ingredients except lettuce. Blend well. Add to salmon mixture. Mix thoroughly.
3. Serve on bed of lettuce leaves.

Stella Smith

Peter's Spring was converted to a man-made watershed recreation area known today as Spring Lake Park.



Bay Catch Crab Salad

This dish is impressive enough to serve guests.

Serves: 6

- | | |
|---|-------------------------------|
| 1 cup finely chopped celery | 1 cup mayonnaise |
| 2 chopped hard-cooked eggs | ¼ cup lemon juice |
| 2 tablespoons chopped onion | 1 teaspoon garlic salt |
| 1 pound cleaned crabmeat | ¼ teaspoon pepper |
| 1 teaspoon horseradish | 18 tomato slices |
| 2 tablespoons chopped fresh chives | 6 large lettuce leaves |
| | 2 tablespoons capers |
| | parsley |

1. Combine celery, eggs, onion and crabmeat.
2. Blend horseradish, chives, mayonnaise, lemon juice, garlic salt and pepper.
3. Combine mayonnaise mixture with crab mixture. Chill several hours.
4. Arrange 3 tomato slices on each lettuce leaf. Top with crab mixture.
5. Garnish with capers and parsley.

Leanne Retana

Thomas Thompson was the original owner of The Press Democrat. Ernest Finley purchased it around the turn of the century. Mr. Thompson became California's Secretary of State, a congressman and later an ambassador to Brazil in the 19th Century.



Senator Pete Wilson's Favorite Salad

Your taste buds will thank you for this dish.

Serves: 4

- | | |
|--|---|
| 1 head butter lettuce torn into bite-size pieces | ½ small jar diced marinated artichoke hearts |
| 1 head romaine lettuce torn into bite-size pieces | 4 ounces crumbled blue cheese |
| 4 thinly sliced green onions | 1 diced avocado |
| 4 ounces thinly sliced fresh mushrooms | Paul Newman's Bottled Italian Salad Dressing |

1. Combine all ingredients.
2. Toss with dressing.

Tuna and Chinese Noodle Salad

A tasty nutritionally complete luncheon salad.

Serves: 4

- | | |
|---|---|
| 1 small head lettuce | 1 (5½ oz.) can Chinese chow mein noodles |
| 1 (6½ oz.) can tuna | 1 (10 oz.) package separated frozen peas |
| ¾ cup chopped whole green onions | mayonnaise to moisten |
| ¾ cup chopped celery | |
| salt and pepper to taste | |

1. Toss together lettuce, tuna, onions, celery, salt and pepper with mayonnaise.
2. Just before serving add chow mein noodles and frozen peas. Toss again and serve immediately.

Suzanne Rosco
Region Director



Happy Trails Salad

Unusual, but wonderful...try it. The poppy seed dressing is also delicious on other salads, especially fruit salads.

Serves 4-6

	Dressing
1 head iceberg lettuce	$\frac{1}{2}$ cup honey
2 (11 oz.) cans drained mandarin oranges	$\frac{1}{2}$ cup cider vinegar
$\frac{1}{2}$ cup trail mix (available in bulk at grocery stores)	$\frac{1}{3}$ cup poppy seeds
	8 ounces brown mustard
	1 teaspoon salt
	1 pint salad oil

1. Blend honey, vinegar, poppy seeds, mustard and salt in blender. With motor running, slowly add the oil and continue to blend until the mixture is quite thick.
2. Tear lettuce into bite-size pieces. Place in bowl. Add mandarin orange sections. Scatter trail mix over.
3. Add dressing and toss.

Jette Rodman





Glazed Pecan Orange Salad

Fresh spinach can also be used as a nutritional substitute for this refreshingly pleasant salad.

Serves: 6

1 cup sliced pecans (or almonds)

¼ cup sugar

½ head romaine lettuce

½ head butter lettuce

4 thinly sliced green onions

1 cup chopped celery

1 (11 oz.) can drained mandarin oranges

Dressing

½ cup tarragon white wine

vinegar

2 teaspoons Dijon mustard

1¼ teaspoons dry tarragon

1 cup oil

juice of ½ lemon

salt and pepper to taste

1. Cook sugar and almonds over low heat until browned. Put on foil and cool completely. Then break up.
2. Combine dressing ingredients.
3. Tear lettuce into bite-size pieces. Mix with onions, celery and oranges.
4. Add dressing and nuts. Toss lightly.

Elsie Nilsen

Dr. R. Press Smith became the first county physician in 1869.



Classic Caesar Salad

Everyone enjoys this salad, even the kids ask for seconds.

Serves: 10–12

**2–3 heads washed romaine
lettuce**

**1 egg, coddled one minute
(optional)**

1 cup parmesan cheese

**3 cups garlic flavored
croutons
freshly ground black
pepper**

Dressing

1 cup olive oil

**3 minced large garlic
cloves**

**1 (2 oz.) tin finely minced
fillets of anchovies**

**2 tablespoons red wine
vinegar**

**2 dashes Worcestershire
sauce**

juice of 1 lemon

1. Combine dressing ingredients.
2. In large bowl tear lettuce into bite-size pieces.
3. Toss with dressing and egg.
4. Mix in cheese, croutons and pepper.

Sandy Freeland

Mark McDonald, who built the home called Mableton on McDonald Avenue, served on the city council, was a supplier of Santa Rosa's water and was a leading landowner.



Herb Vinegar Epicurean Delight Salad

The herb vinegar takes a month to age. Start it now for future use, and be prepared for compliments.

Serves: 6

- 1 head shredded red leaf lettuce**
- 3 ounces crumbled feta cheese**
- ½ cup roasted unsalted sunflower seeds**
- 1 diced large tomato**
- ½ chopped onion**
- 3 tablespoons extra virgin olive oil (or to taste)**
- 1 tablespoon herb vinegar (or to taste)**

Herb Vinegar

- 1 bottle Hines apple cider vinegar**
- 1 full large sprig fresh rosemary**
- 2 large garlic cloves**
- 1 tablespoon marjoram**
- ½ tablespoon tarragon**
- ¼ teaspoon pepper**
- 2 tablespoons dried parsley**
- 15 juniper berries**
- old wine bottle with cork**

1. Combine dry ingredients for herb vinegar. Place in bottle. Fill bottle with cider vinegar. Store 1 month.
2. In salad bowl mix salad ingredients. Toss with oil and herb vinegar.

Trudy Petrucelli

Sonoma County was the only county in California not backing Abraham Lincoln.



Gourmet Pea Salad

So many good flavors all in one bowl makes this dish a winner.

Serves: 6-8

- ½ cup cashews**
- 2 (10 oz.) packages frozen peas**
- ½ cup sour cream**
- ½ cup chopped celery**
- ¼ cup chopped green onions**
- 6 slices crumbled crisp bacon**

1. Slightly defrost peas.
2. Combine all ingredients.

Nona Lucas

Down Home Pea Salad

A good old fashioned recipe to remember.

Serves: 8

- | | |
|-----------------------------------|------------------------------|
| 4 tablespoons chopped | ½ cup chopped celery |
| sweet pickles | 4 ounces shredded |
| ½ cup mayonnaise | cheddar cheese |
| 2 (10 oz.) packages frozen | 3 chopped hard-boiled |
| peas, thawed | eggs |

1. Mix sweet pickles and mayonnaise in bowl.
2. Add peas, celery and cheese.
3. Stir in chopped eggs.

Sally Shepard



Girasole

A wonderful way to use Jerusalem artichokes which are actually potatolike tubers from sunflowers.

**8 thinly sliced Jerusalem
artichokes**

Marinade

½ cup light oil

¼ cup cider vinegar

**1 thinly sliced yellow
onion, cut into half
circles**

**1 crushed small garlic
clove**

dill to taste

thyme to taste

marjoram to taste

salt to taste

1. Combine ingredients for marinade.
2. Add artichokes and chill overnight.
3. Use for a finger salad, in lettuce salads, or on sandwiches.

Nancy Paine

In the early 1900s the Stone House on Highway 12 was the largest blockmakers' boarding house in the Sonoma Valley, housing 25 boarders. It also served as a grocery store and tavern.



Shrimp Pasta Salad

An effortless yet distinctive dish.

Serves: 8-10

- 1 (16 oz.) package twisty egg noodles**
- ½ pound seedless green grapes**
- ¾ pound rinsed small shrimp**
- 3 chopped green onions**
- fresh parsley**
- sliced olives (optional)**

Dressing

- ⅔ cup mayonnaise**
- garlic salt to taste**

1. Cook noodles in boiling water. Rinse and cool.
2. Mix mayonnaise and garlic salt.
3. Fold dressing with rest of ingredients.

Anita Carrillo



Carrillo Adobe



Spring Garden Pasta Salad

A pasta salad with an Italian flavor that you will be proud to serve.

Serves: 8

- | | |
|---|--|
| 1 (16 oz.) package rainbow twist pasta | Dressing |
| 1 (4 oz.) can chopped olives | ¼ cup light cholesterol free mayonnaise |
| 1 (10 oz.) package frozen peas | ½ cup red wine vinegar |
| 3 grated carrots | 2 minced garlic cloves |
| 1 diced yellow bell pepper | ½ teaspoon pepper |
| 1 diced tomato | 1 teaspoon sweet basil |
| 1 chopped onion (optional) | ½ teaspoon dill weed |
| | 1 tablespoon sugar (or honey) |
| | 1 teaspoon Dijon mustard |
| | 3 tablespoons olive oil |

1. Cook pasta; drain and rinse in cold water. Place in salad bowl.
2. Add vegetables.
3. Blend dressing ingredients. Toss with salad.
4. Serve at room temperature or chilled.

Sherri Ponzo

Harmon Heald, founder of Healdsburg, purchased land from Mrs. Henry Fitch and, in turn, sold lots for \$15 each in order to entice people to settle in the area.



Artichoke Rice Salad

Water chestnuts, sliced celery, black olives, and small shrimp also work well in this tasty salad.

Serves: 4

- | | |
|--|--|
| 1 (6.9 oz.) package
chicken flavored Rice-A-
Roni | $\frac{1}{3}$ cup mayonnaise |
| 2 (6 oz.) jars quartered
marinated artichoke
hearts | $\frac{1}{2}$ teaspoon curry (or to
taste) |
| $1\frac{1}{2}$ cups diced cooked
chicken | 2 sliced green onions |
| | diced green pepper |
| | 8 sliced pimento stuffed
green olives |

1. Prepare Rice-A-Roni as directed. Cool.
2. Drain artichoke hearts, reserving liquid.
3. Blend artichoke liquid, mayonnaise and curry.
4. Mix rice, artichoke hearts, chicken, green onions and green pepper. Add mayonnaise mixture and blend. Chill.

Wardine Herrick

George Guerne started a sawmill in 1865 which later became the site of Guerneville.



Seafood Curried Rice Salad

Seafood, apples and curry combine for a marriage of interesting flavors in the East Indian style.

Serves: 6-8

4	chopped green onions	1½	cups mayonnaise
4	peeled and chopped green apples		juice one lemon
¼	cup vegetable oil	¼	cup chopped parsley
3	teaspoons curry powder	3	cups cooked rice (1 cup uncooked)
2	teaspoons celery seeds	1	pound shrimp, crab or lobster
2	teaspoons dry mustard		salt and pepper to taste
⅓	cup sour cream		

1. Saute onions and apples in oil. Add curry, celery seeds and mustard. Cool.
2. Stir in sour cream, mayonnaise, lemon juice and half of parsley.
3. Gently add and combine the rice, seafood and seasoning.
4. Place in serving dish; sprinkle remainder of parsley over. Refrigerate several hours.

Sandy Bertolone

As a means of protesting against the street condition in Santa Rosa, real estate agent, Miss E.J. Holman, was arrested in 1901 for persistently refusing to follow the city ordinance which prohibited bicycle riding on the sidewalks.



Polynesian Summer Salad

A nice variation to a popular fruit salad.

Serves: 4-6

- | | |
|--|--------------------------------------|
| 2 cups cooked wild rice ($\frac{1}{2}$ cup uncooked) | Dressing |
| 2 cups cubed cooked chicken (or turkey) | $\frac{1}{2}$ cup mayonnaise |
| 1 (8 oz.) can drained pineapple chunks | 2 tablespoons chopped chutney |
| 1 cup halved seedless green grapes | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup coarsely chopped salted cashew nuts | |
| lettuce leaves | |

1. Toss cooked rice with the chicken, pineapple, grapes and nuts
2. Mix dressing ingredients.
3. Carefully blend dressing into the salad combination.
4. Cover and chill several hours.
5. Serve on bed of lettuce leaves.

Hjordis Wolfe

In 1896 a local store was selling ready-to-wear wrappers and housedresses at prices from \$1.00 to \$2.50 each. Another store sold men's pants at \$1.25 a pair, Alpaca coats at \$1.50 to \$2.50 each and suits at \$3.00 each.



German Potato Salad

This recipe has been passed down several generations.

Serves: 8

8 medium red potatoes
3 diced bacon slices
½ diced bell pepper
chopped pimento to taste
1 grated small onion
3 chopped hard-boiled eggs

Dressing
⅓ cup cider or white vinegar
⅓ cup water
3 tablespoons bacon drippings
1 teaspoon sugar
1 teaspoon salt (or to taste)
black pepper to taste
1 tablespoon Wondra flour

1. Boil potatoes until tender but still firm. Cool. Remove skins and slice.
2. Cook bacon until crisp. Set aside 3 tablespoons drippings for dressing.
3. Place potatoes in bowl. Add bell pepper, pimento, onion, and eggs.
4. Blend dressing ingredients in pan. Heat until slightly thickened.
5. Pour dressing over potatoes. Serve at room temperature. Garnish with bacon pieces.

Patricia Watkins Scharrer

The West County area was an ideal location for growing potatoes. During the first of the century, school children were given a vacation during October to farm potatoes.



Pesto Potato Salad

This is a wonderful salad for a picnic or potluck because it doesn't need to be chilled. It's always a hit.

Serves: 6

- | | |
|---|-------------------------------------|
| 1 ½ pounds new red potatoes (about 15 small) | ½ cup grated parmesan cheese |
| 2 large garlic cloves | 3 teaspoons salt |
| 2 cups firmly packed fresh basil leaves | ½ cup vegetable oil |
| ¼ cup pinenuts | ¼ cup olive oil |

1. Cook potatoes until barely tender. Cool. Thickly slice.
2. Chop garlic in food processor. Add basil and process again. Add nuts, cheese and salt and mince using 6 on/off turns. With machine running, slowly add oil and blend.
3. Transfer pesto sauce to bowl. Add potatoes and carefully mix. Serve at room temperature.

Sandy Bertolone

One of Luther Burbank's most successful projects was the development of the potato which was the forerunner to today's favorite varieties.



Fiesta Potato Salad

A very tasty and attractive dish.

Serves: 6-8

- 8 medium new potatoes**
- 2 seeded and thinly sliced green peppers**
- 1 small thinly sliced red onion**
- ½ pound thinly sliced mushrooms**
- 4 slices crumbled crisp bacon**
- 10 sliced green or black olives**
- 2 tablespoons snipped parsley**

Dressing

- ¾ cup olive oil**
- 3 tablespoons red wine vinegar**
- 3 teaspoons Dijon mustard**
- 1 crushed garlic clove**
- 2 teaspoons salt**
- pepper to taste**

1. Boil potatoes until tender; drain. Slice potatoes ¼ inch thick.
2. Add peppers, onion and mushrooms.
3. Combine dressing ingredients in small jar with tight fitting lid; shake well. Pour dressing over salad; toss lightly.
4. Let stand at room temperature 2-4 hours. Toss before serving. Garnish with bacon, olives and parsley.

Joan Smith

The Bennett Valley Grange Hall is the oldest continuing Grange hall in the United States.



Marilyn Tucker Quayle's Fruit Salad

Any combinations of fruits in season will do for this very special salad or dessert.

Serves: 12

6 cups mixed fresh fruit
(ie. apple pieces, melon balls, orange sections, grapefruit sections, strawberries, pear pieces, sliced banana, seedless grapes).

1 cup shredded coconut

1 cup chopped nuts

1 sliced kiwi

lettuce leaves

Orange Vanilla Dressing

1 cup vanilla yogurt

**2 tablespoons frozen
orange juice concentrate**

1. Blend dressing ingredients.
2. Combine with fruit mixture. Chill.
3. Serve on lettuce leaves. Garnish with kiwi slice.

The Occidental area produced an abundance of peach, apricot and cherry orchards which were eventually wiped out by disease. Sonoma County was second in the nation in the production of Royal Ann cherries from 1910 through 1940. S&W produced maraschino cherries from the crops.



Ambrosia

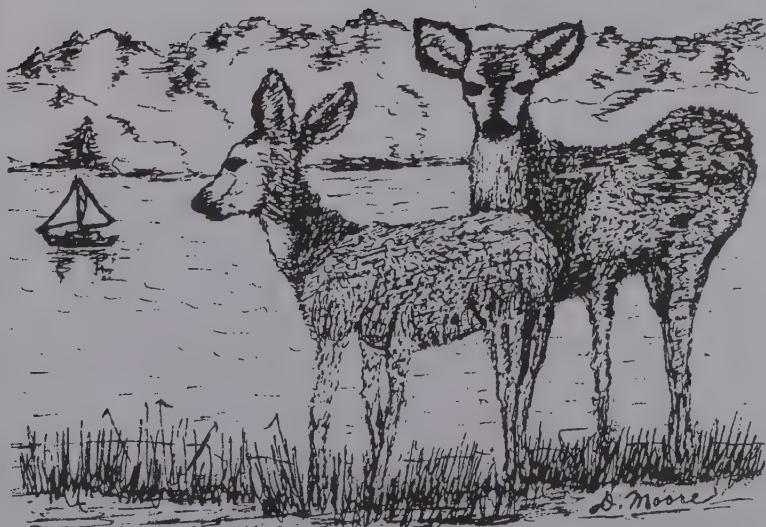
Refreshing, colorful and oh-so-good as a dessert or salad for a salad buffet.

Serves: 4-5

- | | |
|--|--|
| 1 cup flaked coconut | 1 cup well drained |
| 1 cup miniature marshmallows | pineapple tidbits or chunks |
| 1 cup sour cream | 12 halved maraschino cherries (optional) |
| 1 (11 oz.) can well drained mandarin oranges | |

1. Mix coconut, marshmallows and sour cream.
2. Blend in oranges and pineapple; add cherries.
3. Chill several hours or overnight.

Alice Thomas





Hot Pineapple Salad

Easy to prepare and uniquely different.

Serves: 4-6

- | | |
|--|--------------------|
| 1 (20 oz.) can pineapple
chunks and juice | ½ cup sugar |
| 2 cups (½ pound) grated
cheddar cheese | ½ cup flour |

1. Heat oven to 350°.
2. Mix all ingredients. Pour into oiled 8"x8" pan.
3. Bake 45 minutes.

Dorothy Lucas

Cottage Cheese Fruit Salad

Easy to fix, easy to carry, easy on the eye...and it tastes good, too.

Serves: 6-8

- | | |
|--|--|
| 1 (6 oz.) package dry
apricot jello (or other
preference) | 1 (16 oz.) carton small
curd cottage cheese |
| 1 (8 oz.) can drained
crushed pineapple | 1 (8 oz.) carton Kool Whip |

1. Mix jello, fruit and cottage cheese.
2. Fold in Cool Whip. Chill.
3. A variation given by **Janet Pisenti** uses 32 oz. carton cottage cheese, 3 oz. (or less) orange jello, 11 oz. can mandarin oranges, and 8 oz. can drained pineapple chunks.

Emma Vanderschoot



Molded Cranberry Salad

An excellent choice for a holiday dinner.

Serves: 6-8

- | | |
|----------------------------------|--------------------------------|
| 4 cups washed | ½ cup water |
| cranberries | ¾ cup sugar |
| 2 small quartered oranges | 1 (3 oz.) package lemon |
| 1 tablespoon unflavored | jello |
| gelatin | shredded lettuce |
| | mayonnaise |

1. Put cranberries and oranges through meat grinder. Reserve juices.
2. Soak gelatin in $\frac{1}{4}$ cup water.
3. Mix sugar in $\frac{1}{4}$ cup water and heat. Add lemon jello and gelatin to sugar mixture and stir over heat until dissolved.
4. Add fruit. Pour into lightly greased ring mold and chill until firm.
5. Unmold on lettuce bed. Serve with mayonnaise.

Emma Vamnderschoot

Nathanial Griffith was responsible for bringing Gravenstein apples to the Sebastopol area.



Molded Beet Salad Fort Ross

Fruit flavors, beets and walnuts combine to make this unusual flavorful molded salad.

Serves 10-12

- | | |
|----------------------------------|-----------------------------------|
| 1 (16 oz.) can diced beets | 1 (3 oz.) package lemon jello |
| 1 (20 oz.) can crushed pineapple | 1 (3 oz.) package raspberry jello |
| juice of 1 lemon | |
| $\frac{1}{3}$ cup apple cider | $\frac{1}{2}$ cup chopped walnuts |
| 1 tablespoon sugar | |

1. Drain pineapple and beets. Put liquid in quart container.
2. Add lemon juice, cider, sugar and enough water to make almost 1 quart (about $\frac{1}{4}$ inch from top).
3. Put in pan and heat. Add both jellos and dissolve. Add beets, pineapple and walnuts, and combine.
4. Pour into mold or favorite dish. Chill at least 4 hours.

Wanda Crater



Russian Orthodox Chapel at Fort Ross



Lime Jello Verdure

Lime jello with vegetables...an old favorite that won't let you down.

Serves: 6-8

- | | |
|-------------------------------------|---------------------------------|
| 1 (3 oz.) package lime jello | ¾ cup finely chopped |
| 1 (8 oz.) can drained | walnuts (optional) |
| crushed pineapple | ½ cup light Philadelphia |
| 1 cup finely diced carrots | cream cheese |
| ½ cup finely diced celery | ½ cup mayonnaise |
| 1 cup finely diced cabbage | |

1. Prepare lime jello. Refrigerate until partially set.
2. Add fruit, vegetables and walnuts. Pour into mold or 8"x8" dish and refrigerate until firm.
3. Combine cream cheese and mayonnaise. Spread on set jello.

Eugenia Gianoli

Escapes from the Sonoma County Jail were common during the late 19th Century because the prisoners were able to dig their way out of their cells.



Raspberry Delight Salad

One taste will have you asking for more, especially on a hot summer day.

Serves: 16

- | | |
|---|------------------------------------|
| 2 (10 oz.) packages frozen raspberries | 2 cups vanilla ice cream |
| 2 cups boiling water | 1 (6 oz.) can pink lemonade |
| 2 (6 oz.) packages raspberry jello | |

1. Drain raspberries. Reserve juice.
2. Dissolve jello in boiling water. Add ice cream; stir until dissolved.
3. Stir in lemonade and raspberry juice. Chill until partially set.
4. Add raspberries. Pour into 2 small or 1 large mold; refrigerate until firm.

Barbara Berns

The Sebastopol area produced many berries including loganberries, mammoth berries, lawton berries and raspberries during the first of the century.



Gazpacho Salad

Summertime flavors combine for this wonderful accompaniment to meat or fish. And it stands alone for a delectable light lunch.

Serves: 8

- | | |
|----------------------------------|------------------------------|
| 3 envelopes Knox gelatin | 1 cup finely diced |
| ½ cup cold water | cucumber |
| 2 (10½ oz) cans condensed | 1 cup chopped green |
| tomato soup | pepper |
| ⅓ cup white vinegar | ½ cup snipped parsley |
| several dashes hot | ¼ cup minced onion |
| pepper sauce | 1 medium avocado, cut |
| 2 seeded and chopped | into wedges |
| tomatoes | |

1. In saucepan soften gelatin in cold water. Blend in soup, vinegar and hot pepper sauce. Heat and stir until gelatin dissolves. Chill until partially set.
2. Fold in tomatoes, cucumber, green pepper, parsley and onion.
3. Arrange avocado in bottom of 6 cup mold. Add mixture. Chill until firm.

Betty Jo Barrett

The first town marshall in Santa Rosa was H.G. Parks who was elected in 1867. It was 1905 before the title was changed to Chief of Police.



Persimmon Mold Salad

What to do when those persimmons ripen all at once? Make this winning tasty dish.

Serves: 6

- | | |
|--|-------------------------------------|
| 1 (6 oz.) package lemon jello | ¼ cup lemon juice or vinegar |
| 1 tablespoon unflavored gelatin | 1 cup ginger ale |
| 2 cups boiling water | 2 cups persimmon pulp |
| 1 (6 oz.) can frozen orange concentrate | |

1. Dissolve jello and gelatin in boiling water.
2. Add rest of ingredients.
3. Pour into mold; refrigerate until firm.

Shirley Seaton

Regular telephone communications were established in Petaluma, Sebastopol, Guerneville and San Francisco in 1884, but a franchise was not granted to Santa Rosa until 1902. The rural areas received service in 1903-1904.



Molded Tuna Salad With Cucumber Dressing

Tuna goes fancy in this elegant molded affair.

Serves: 6-8

- 2 envelopes unflavored gelatin
- $\frac{1}{2}$ cup cold water
- 1 (10 $\frac{1}{2}$ oz.) can cream of mushroom soup
- 1 (7 oz.) can drained light tuna
- 1 pint cottage cheese
- 1 cup finely diced celery
- 1 small jar pimento
- 1 grated small onion
- 1 cup mayonnaise
- salt to taste

Dressing

- $\frac{1}{2}$ cup mayonnaise
- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{2}$ cup whipped whipping cream
- 1 cup finely diced cucumber

1. Soften gelatin in water.
2. Heat soup. Add gelatin; stir until dissolved. Cool.
3. Fold in remaining ingredients. Spoon into lightly oiled fish mold or other favorite mold. Refrigerate 24 hours.
4. Prepare dressing by blending mayonnaise, lemon juice, salt and paprika. Fold in whipped cream and cucumber.
5. Unmold onto platter lined with crisp greens. Spoon dressing over tuna mold.

Dorothy Lucas

The city of Santa Rosa was incorporated in 1868. The first governing body of Santa Rosa was called the Board of Trustees. The first president of the Board was C.W. Langdon.



Lemon Jello Spinach Salad

A light and interesting combination with a refreshing taste.

Serves: 8

- | | |
|--|--|
| 1 (10 oz.) package chopped frozen spinach, thawed | 2 tablespoons chopped chives |
| 2 (3 oz.) packages lemon jello | 1 ½ teaspoons vinegar |
| 1 ½ cups boiling water | 1 cup chopped celery |
| 2 tablespoons minced onion | 1 cup mayonnaise |
| | 1 (8 oz.) carton cottage cheese |

1. Drain thawed spinach.
2. Dissolve jello in the boiling water; cool.
3. Add spinach and remaining ingredients to jello. Mix well.
4. Pour into oiled 9"x13" pan. Chill until firm.

Shirley Hutchinson

In order to reorganize the city government, five new charters were approved between 1872 and 1919.



Assemblywoman Bev Hansen's Sinful Salad

Dieters will "Start on Monday" when they see this irresistible dish.

Serves: 12

- | | |
|--|---|
| 2 (10 oz.) packages frozen strawberries | 1 cup chopped pecans |
| 1 (6 oz.) package strawberry gelatin | 1 (20 oz.) can drained crushed pineapple |
| 1 cup boiling water | 1 pint sour cream |
| 3 mashed medium bananas | |

1. Thaw and drain strawberries.
2. In medium bowl, combine gelatin and hot water. Stir until dissolved; cool.
3. Add bananas, pecans, strawberries and pineapple to gelatin. Stir. Divide mixture in half. Pour half of mixture in 8"x12" pan. Refrigerate until set.
4. Spread sour cream over set gelatin. Pour remaining gelatin mixture over sour cream. Cover and refrigerate until set or overnight.

The first woman elected to a public office in Sonoma County was Frances McGaughey Martin, who became County Superintendent of Schools in 1886. Later she became a state leader in education reform.



Raspberry Rapture Salad

Very tasty and attractive.

Serves: 12

- | | |
|-----------------------------------|-------------------------------|
| 3 (3 oz.) packages | 3 mashed bananas |
| raspberry jello | 1 (20 oz.) can crushed |
| 1 cup hot water | pineapple and juice |
| 2 cups cranberry juice | 1 cup sour cream |
| 2 (10 oz.) packages frozen | |
| raspberries | |

1. Dissolve jello in hot water. Blend in cranberry juice. Refrigerate until partially set.
2. Defrost raspberries, retaining juice. Process bananas in blender.
3. Stir in raspberries, banana and crushed pineapple. Pour half of mixture into 9x13 pan. Refrigerate until set.
4. Set aside $\frac{1}{4}$ cup of sour cream. Spread remaining sour cream over top of jello mixture. Pour rest of jello over and chill until firm.
5. Serve garnished with dab of sour cream on each serving.

Evelyn Dodge

The first public school in Santa Rosa opened in July of 1859. Children from ages 4 to 18 years were admitted at a cost of \$1.00 per month for each student.



Superb Cole Slaw

Superb says it all for this crunch-satisfying salad.

Serves: 6

- | | |
|--------------------------------|----------------------------------|
| 4 cups shredded cabbage | ¼ cup milk |
| 1 cup cubed apples | 1 teaspoon sugar |
| ½ cup raisins | ½ teaspoon salt |
| ½ cup chopped walnuts | ½ teaspoon pepper |
| 1 cup diced celery | 2 tablespoons lemon juice |
| ¾ cup mayonnaise | or vinegar |

1. Mix cabbage, apples, raisins, nuts and celery.
2. Combine rest of ingredients; add to cabbage mixture and toss.

Barbara Berns

Graton Raisin Slaw

Refreshingly different.

Serves: 6-8

- | | |
|--|---------------------------------|
| 1 cup raisins | 1 tablespoon lemon juice |
| ¼ cup Sonoma County Rosé wine | 4 cups shredded cabbage |
| 3 coarsely diced apples with peel | 1 cup lite mayonnaise |
| | ½ cup slivered almonds |

1. Combine raisins and wine. Cover; let stand 2-3 hours or overnight.
2. Sprinkle apple pieces with lemon juice; toss lightly.
3. Add cabbage to raisin and wine mixture. Carefully mix in mayonnaise.
4. Serve garnished with almonds.

Joan Smith



Gloria Deukmejian's Noodle Cabbage Crunch Salad

A surprising combination of ingredients that are bound to bring raves and guests guessing.

Serves: 4-6

- 1 package Top Ramen Noodles**
- 1 small head shredded cabbage**
- 1 small package slivered almonds**
- 4 sliced green onions**
- 2 tablespoons sesame seeds**
- 2 cups diced cooked chicken or shrimp**

- Dressing**
- 2 tablespoons sugar**
 - ¼ cup oil**
 - 3 tablespoons rice vinegar**
 - 1 teaspoon salt**
 - ½ teaspoon pepper**
 - ½ package chicken flavoring from noodle package**

- 1.** Toss all salad ingredients in bowl.
- 2.** In separate bowl, whisk together dressing ingredients.
- 3.** Toss salad with dressing.
- 4.** Cover and refrigerate at least 4 hours.



The 1884 Sonoma County Courthouse



Hot Red Cabbage Salad

Red cabbage teams up with walnuts, Roquefort cheese and vinegar and oil for this refreshing change of pace.

Serves: 4-6

- | | |
|--------------------------------------|-----------------------------------|
| $\frac{1}{2}$ head cored red cabbage | $\frac{1}{3}$ cup chopped parsley |
| salt and pepper to taste | 2 ounces crumbled |
| 2 tablespoons balsamic | Roquefort cheese |
| vinegar | $\frac{3}{4}$ cup chopped toasted |
| $\frac{1}{4}$ cup olive oil | walnuts |

1. Chop cabbage in food processor. Put in bowl; add salt and pepper.
2. Heat vinegar in pan. When hot, pour over cabbage. Quickly toss to thoroughly coat.
3. Add olive oil and toss again.
4. Add parsley, cheese and walnuts; toss and serve.

Elsie Nilsen

A controversy developed when the Santa Rosa City Council allowed the construction of a new county courthouse on property donated by Barney Hoen to be used as a town plaza. When completed in 1884, the new building dominated the entire plaza.



Wine Country Salad Bowl

A nice salad with a delicious celery seed dressing.

Serves: 4

- 1 large bunch spinach**
- 1 orange (or 1 small can mandarin oranges)**
- ½ cup diced fennel**
- 1 sliced avocado**
- 2 sliced kiwis**

Dressing

- 2 tablespoons parsley**
- 1 finely diced small red onion**
- ½ teaspoon dry mustard**
- ½ teaspoon paprika**
- ½ teaspoon celery seed**
- 3 tablespoons cider vinegar**
- 1 tablespoon lemon juice**
- 3 tablespoons honey**
- ¾ cup lite salad oil**

1. Thoroughly blend dressing ingredients.
2. Tear washed and dried spinach into bite-size pieces.
3. Peel orange. Slice crosswise; divide into sections. Add to spinach.
4. Add fennel, avocado and kiwis. Toss.
5. Mix in dressing and serve immediately.

Pierrette Moore

Geyserville was originally a stage stop on the way to the Geysers. In the 1877 Atlas, it was stated that it would not be surprising if wines became famous around Geyserville.



Spinach Vinaigrette

Very good alone with hot French rolls or as an addition to your favorite meal.

Serves: 6-8

3 bunches spinach	Dressing
2 hard-boiled eggs	½ cup salad or olive oil
½ cup bean sprouts	½ cup vinegar
10 sliced fresh mushrooms	2 tablespoons sugar
1 (8 oz.) can sliced water chestnuts	2 teaspoons salt
6 slices crisp bacon	2 tablespoons minced onion

1. Wash and pat dry spinach (night before if possible; store in baggie).
2. Whisk together dressing ingredients.
3. Shir eggs by putting through a hand grater.
4. Tear spinach into bite-size pieces in bowl. Add remaining ingredients; toss with dressing.

Dolores D. Moore

In 1866 the first train of any substance coming to Sonoma County was the Petaluma Haystack Railroad powered by horses. Steam engines were substituted, but blew up, and horses were reestablished.



Sonoma Valley Spinach Salad

A spinach salad with crunch that will surprise and delight.

Serves: 8

- 2 bunches washed spinach**
- 3 cups chopped apples**
- $\frac{2}{3}$ cup Spanish peanuts**
- $\frac{1}{2}$ cup raisins**
- $\frac{1}{3}$ cup chopped green onion**
- 2 tablespoons toasted sesame seeds**

Dressing

- $\frac{1}{2}$ cup white wine vinegar**
- $\frac{2}{3}$ cup oil**
- 1 tablespoon Major Grey's chutney**
- 1 teaspoon curry powder**
- 1 teaspoon salt**
- dry mustard to taste**
- $\frac{1}{4}$ teaspoon hot pepper sauce**

1. Combine all dressing ingredients.
2. Tear spinach into bite-size pieces in bowl.
3. Add remaining ingredients. Toss with dressing.

Elsie Nilsen

*During the 1880s Petaluma was known as the
"egg basket of the world."*



Spinach Salad Sophisticate

Everyone loves this very pleasant mild-flavored salad.

Serves: 4

- 1 large bunch washed,
dried spinach**
- 1 diced ripe avocado**
- 1 (11 oz.) can mandarin
oranges or 1 diced fresh
orange**
- $\frac{1}{3}$ cup sliced mushrooms**
- $\frac{1}{4}$ cup bacon bits**

Dressing

- 5 ounces olive oil**
- 2 ounces apple cider
vinegar**
- 2 tablespoons chopped
onion**
- 2 tablespoons sugar**
- $\frac{1}{2}$ teaspoon celery salt**
- $\frac{1}{2}$ teaspoon dry mustard**
- $\frac{1}{2}$ teaspoon paprika**
- $\frac{1}{2}$ teaspoon each salt and
pepper**

1. Blend dressing ingredients.
2. Mix salad ingredients in salad bowl.
3. Toss salad with dressing.

Janet Pisenti

Santa Rosa's first mayor, Edward Neblett, was elected in 1876 under the first city charter. H.W. Byington became Santa Rosa's first Republican mayor in 1888.



Neptune Crunch Salad

A favorite for a luncheon or light summer meal.

Serves: 4

- 1 head washed spinach**
- 1 (10 oz.) package slightly thawed peas**
- 8 ounces shrimp, lobster or crab**
- 1 cup finely chopped celery**
- 1 (5½ oz.) can chow mein noodles**
- ½ cup unsalted cashews**

Dressing

- ¾ cup mayonnaise**
- 1 tablespoon fresh lemon juice**
- 1 teaspoon curry powder**
- 1 teaspoon garlic powder**
- salt**

1. Combine dressing ingredients. Lightly add salt to taste.
2. Tear spinach leaves into bite-size pieces. Add peas, shrimp, celery, noodles, and cashews.
3. Toss with dressing.

Sandy Bertolone



Iron bridge over Santa Rosa Creek with Luther Burbank's home in the background.



First Lady Barbara Bush's Layered Spinach Salad

For the busy person needing to prepare food in advance, this salad is a welcome addition to your recipe file.

Serves: 16

- 2 pounds freshly chopped spinach (you chop it!)**
- 10 hard-boiled eggs**
- 1 pound cooked and crumbled bacon**
- 1 medium head shredded lettuce**
- 1 cup sliced shallots**
- 1 package thawed frozen peas**
- ½ cup grated Swiss cheese**

Dressing

- 2½ cups mayonnaise**
- 2½ cups sour cream**
- salt and pepper to taste**
- Worcestershire sauce to taste**
- lemon juice to taste**

- 1. In large bowl place in order in layers: spinach, eggs, bacon, lettuce, shallots and peas.**
- 2. Blend dressing ingredients together and pour over peas.**
- 3. Add Swiss cheese on top.**
- 4. Cover and chill at least 12 hours.**
- 5. Do not toss. Serve.**

The county's first high school opened in Petaluma in 1874.



Salad Broccoli Supreme

People rave over this one!

Serves: 4

- 1 bunch chopped broccoli**
- ½ cup raisins**
- 1 cup unsalted sunflower seeds**
- ½ cup bacon bits (or 12 strips cooked crumbled bacon)**
- 1 thinly chopped small red onion**

Dressing

- 1 cup mayonnaise**
- ½ cup sugar**
- 2 tablespoons vinegar**

1. Combine all salad ingredients together.
2. Blend dressing ingredients.
3. Toss together.

June Smith

Rohnert Park is situated on the site of the former Waldo Rohnert Seed Farm.



Chinatown Broccoli Salad

Vegetarians and other health conscious eaters love this light dish.

Serves: 6

**½ pound broccoli
flowerets**
½ pound snow peas
**1 bunch sliced green
onions**
**½ head torn iceberg
lettuce**
½ diced red bell pepper
2 cups sliced celery
**1 (8 oz.) can sliced water
chestnuts**

Dressing

½ cup light olive oil
**¼ cup mixture of balsamic
and cider vinegars**
¾ teaspoon salt
¼ teaspoon paprika
½ tablespoon sugar
1 minced garlic clove

1. Blend dressing ingredients and chill.
2. Blanch broccoli and peas in boiling water. Let stand 5 minutes. Drain and rinse with cold water.
3. Mix remaining ingredients. Add dressing; mix well; chill.

Nancy Paine

*Blocks from Petaluma quarries were used
to pave many San Francisco streets.*

Salad Accompaniments







Avocado Dressing

- | | |
|---------------------------|----------------------------------|
| 2 pureed avocados | ½ teaspoon garlic powder |
| 1½ cups sour cream | ½ teaspoon onion powder |
| 1½ teaspoons salt | 4 tablespoons lemon juice |
| ½ teaspoon chervil | Tabasco to taste |

1. Combine all ingredients.
2. Chill 30 minutes. Makes 3 cups.

Blue Cheese Dressing

- | | |
|-----------------------------------|---|
| 2 tablespoons wine vinegar | 1 tablespoon cream |
| salt and pepper to taste | 2 tablespoons crumbled blue cheese |
| ¼ cup olive oil | few drops fresh lemon juice |

1. Combine vinegar, salt and pepper.
2. Add oil and cream in a stream, whisking, and continue to whisk until emulsified.
3. Stir in blue cheese and lemon juice. Makes ½ cup.

Herbed Buttermilk Dressing

- | | |
|---------------------------------------|---------------------------------|
| 1 cup buttermilk | ¼ teaspoon oregano |
| 1 cup mayonnaise | ¼ teaspoon basil |
| 1½ teaspoons fresh lemon juice | ¼ teaspoon tarragon |
| 1 teaspoon salt | ¼ teaspoon garlic powder |
| ½ teaspoon chopped green onion | pepper to taste |

1. Whisk all ingredients.
2. Pour into jar. Cover and refrigerate at least 1 hour.



Green Goddess Dressing

- | | |
|---|--------------------------------|
| $\frac{1}{3}$ cup sour cream | 2 teaspoons lemon juice |
| 3 tablespoons minced parsley | 2 teaspoons white wine vinegar |
| 2 tablespoons chopped anchovy fillets or $\frac{1}{4}$ teaspoon anchovy paste | 1 crushed small garlic clove |
| 1 tablespoon chopped chives | salt and pepper to taste |
| | $\frac{3}{4}$ cup mayonnaise |

1. Process all ingredients but mayonnaise in blender.
2. Pour into bowl. Fold mixture with mayonnaise. Makes 1 cup.

French Dressing

- | | |
|--------------------------------|--------------------------|
| 1 cup vegetable oil | $\frac{1}{4}$ cup catsup |
| $\frac{1}{2}$ cup honey | 1 halved garlic clove |
| $\frac{1}{4}$ cup wine vinegar | salt and pepper to taste |

1. Combine all ingredients.
2. Let stand overnight.

Sherried Fruit Salad Dressing

- | | |
|----------------------------------|--------------------------|
| 1 (3 oz.) package cream cheese | 1 tablespoon sugar |
| 1 tablespoon lime or lemon juice | $\frac{1}{4}$ cup sherry |

1. Soften cream cheese. Mix in blender.
2. Gradually blend in lemon juice, sugar and sherry. Makes $\frac{2}{3}$ cup.



Tarragon Dressing

- | | | | |
|----------|--------------------------------------|-----------|---------------------------------|
| 4 | tablespoons fresh lemon juice | ¾ | teaspoon tarragon leaves |
| 2 | tablespoons Dijon mustard | ¾ | teaspoon thyme leaves |
| 4 | teaspoons red wine vinegar | 1½ | teaspoons ground pepper |
| 1 | egg yolk | | salt to taste |
| | | 2 | cups oil |

1. Combine 2 tablespoons lemon juice with mustard, vinegar, egg yolk and seasoning in medium bowl of electric mixer. Beat at medium speed until thick, 2–3 minutes.
2. Gradually add oil, beating constantly, until mixture is creamy, about 3 minutes.
3. Blend in remaining 2 tablespoons lemon juice. Chill in tightly covered container.

Parmesan Toast

These toasts are especially good with salads.

- 1** cup mayonnaise
- ½** cup parmesan (or to taste)
- 1** loaf pumpernickel bread

1. Mix mayonnaise and parmesan.
2. Spread 1 side of each slice with mixture. Place 6 inches under preheated broiler until lightly browned, about 30 seconds. Remove from broiler.
3. Turn bread over and repeat process on other side. Serve hot or cold.

Wanda Crater



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